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Mindfulness for Health: A Practical Guide to Relieving Pain, Reducing Stress and Restoring Wellbeing

By Danny Penman, Vidyamala Burch

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, Mindfulness for Health: A Practical Guide to Relieving Pain, Reducing Stress and Restoring Wellbeing, Danny Penman, Vidyamala Burch, WINNER OF BEST BOOK (POPULAR MEDICINE) AT THE BRITISH MEDICAL ASSOCIATION'S BOOK AWARDS 2014 Pain, suffering and stress can be intolerable - but it doesn't have to be this way. Mindfulness for Health reveals a series of simple practices that you can incorporate into your daily life to relieve chronic pain and the suffering and stress of illness. Clinical trials show that mindfulness meditation can be as effective as prescription painkillers and also enhances the body's natural healing systems. Mindfulness can also reduce the anxiety, depression, irritability, exhaustion and insomnia that can arise from chronic pain and illness. Mindfulness for Health is based on a unique meditation programme developed by Vidyamala Burch to help her cope with the severe pain of spinal injury. Taught at Breathworks in the UK - and its affiliates around the world - this programme has helped tens of thousands of people cope with pain, illness and stress. Breathworks' pioneering approach is praised by Professor Mark Williams of Oxford University, Jon Kabat-Zinn and Professor Lance McCracken of King's...



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Reviews

Very helpful to any or all category of folks. It is written in simple phrases rather than difficult to understand. It has been developed in an exceptionally simple way and is particularly just after I finished reading this pdf in which basically transformed me, modified the way in my opinion.

-- **Hank Runte**

A must buy book if you need to add benefit. It absolutely was written very properly and valuable. I found out this book from my i and dad advised this ebook to find out.

-- **Amanda Larkin**