



Living Well with Pain and Illness: The Mindful Way to Free Yourself from Suffering

By Vidyamala Burch

Sounds True Inc. Paperback / softback. Book Condition: new. BRAND NEW, Living Well with Pain and Illness: The Mindful Way to Free Yourself from Suffering, Vidyamala Burch, After two serious spinal injuries, Vidyamala Burch found herself facing the loneliness of disability and chronic pain with few skills or resources to turn to. But instead of giving up, she set out on a mission to embrace her physical challenges with compassion, acceptance, and peace. Living Well with Pain and Illness shares the fruits of her courageous life's work, teaching us how the practice of mindfulness can help us thrive in the face of health challenges of any kind. Drawing on the wisdom of a dozen years teaching meditation and a lifetime of study of the benefits of mindful living, Vidyamala encourages readers with insights and instruction in: The five-step model of mindfulness and how to use it to foster healing. The Breathworks approach to meditation, and how to apply it to health concerns such as migraines, arthritis, and chronic fatigue.



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Reviews

This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You wont feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).

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This kind of book is every little thing and taught me to looking ahead of time and a lot more. I am quite late in start reading this one, but better then never. I found out this book from my dad and i encouraged this pdf to find out.

-- Justus Hettinger