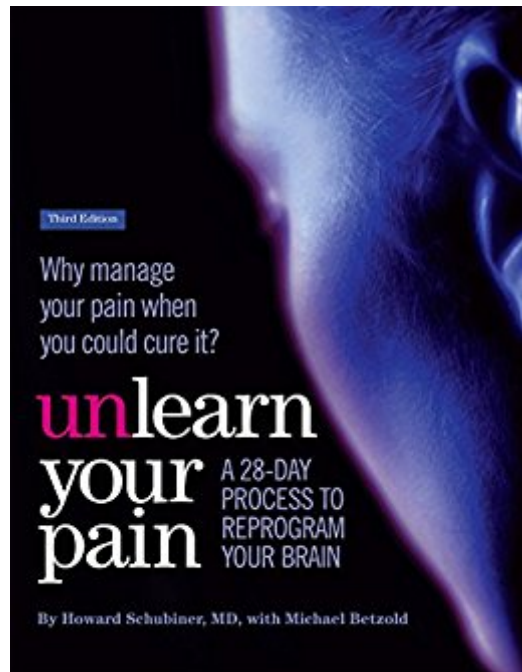




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Unlearn Your Pain: A 28-day Process To Reprogram Your Brain



Synopsis

Using cutting-edge research, this book demonstrates that the underlying reason for much chronic pain is brain sensitization and learned neural pathways, rather than actual tissue damage. Dr. Schubiner has used this new understanding to develop a unique program to reverse pain. He has also conducted research that shows the efficacy of this approach. By reading this book, you'll be able to determine if you have this syndrome and how to overcome it. The program in this book gives you the therapeutic writing exercises, online meditations, and everything else you need to unlearn your pain.

Book Information

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Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain,

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