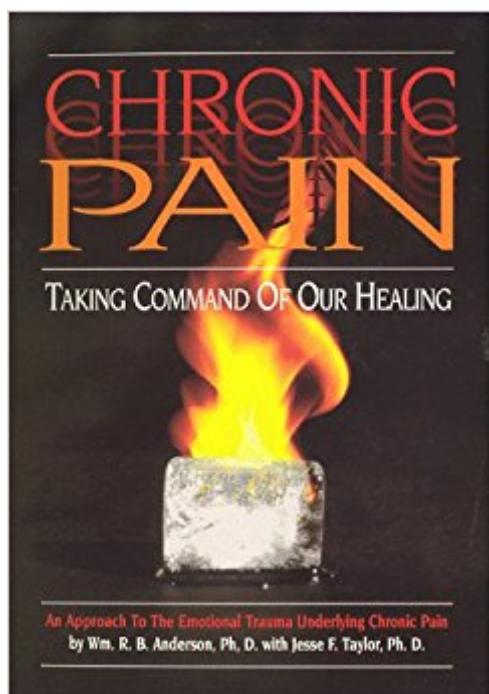


The book was found

Chronic Pain: Taking Command Of Our Healing! : Understanding The Emotional Trauma Underlying Chronic Pain



Synopsis

Book by Anderson, William R. B., Taylor, Jesse F.

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Customer Reviews

Book by Anderson, William R. B., Taylor, Jesse F.

Well my title pretty much sums my idea of the author of this book...Ok I am a sufferer of Chronic Pain for the last 5 years. I am also a very spiritual person and I know all about the releasing of the situation. I released the situation, I released all the negativity surrounding the causation of my pain and injury. My pain did not go away...it has steadily increased. Dont get me wrong I believe the power of the mind is potent however it is not a cure-all. Most of the time the person is a push-over and very gullible, so when they 'cure' themself, well they never head the pain to begin with, or at least not as much as they deluded themself. This book is just another slap in the face for anybody suffering from chronic pain. It is our fault we are in pain. We must like it, we must have something wrong in our minds. Thats the message of this book. I cant tell you how many self-righteous doctors are out there who say that chronic pain is not real...but it is. When your body is in pain, it is very real especially when you are crying in agony for 5 hours straight and people think "get over it" This book only gives more pain then its worth.

I was hoping for something more substantial. The authors make a few interesting insights, yet the book lacks a lot, in my opinion. Not much to it.

Challenge your thinking! A must read for anyone suffering with chronic pain. It will change the way you think about this soul destroying condition.

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