



Natural Pain Relief: How to Soothe and Dissolve Physical Pain with Mindfulness

Shinzen Young

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The newest treatment for pain is one of the oldest, most effective strategies for pain-free living: mindfulness. With *Natural Pain Relief*, meditation expert Shinzen Young teaches you how to retrain your relationship to pain through traditional meditation practices. <?xml:namespace prefix = "o" ns = "urn:schemas-microsoft-com:office:office" />

Drawing from 40 years of results in the field, this widely respected teacher offers the essential techniques that have proven successful at pain-management centers around the country. This integrated learning book and CD adapts the core principles of mindfulness training to a practical process that can treat even extreme, chronic pain effectively, possibly reducing the need for drugs or surgery.

Through step-by-step techniques taught in plain language, you'll learn how to overcome your internal resistance to pain by observing and opening to it, which is the key to transforming physical suffering into a flow of pure energy. With regular practice, you can tap into your mind's own power to overcome physical pain.

Five guided practices include:

- How to deconstruct pain into manageable pieces
- Experience how pain naturally transforms into energy
- How to allow pain to dissipate into space
- Use the "Breath Pleasure" technique to dramatically soothe pain
- Free up your energy to heal and begin living your life again

Previously released as *Break Through Pain*.

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