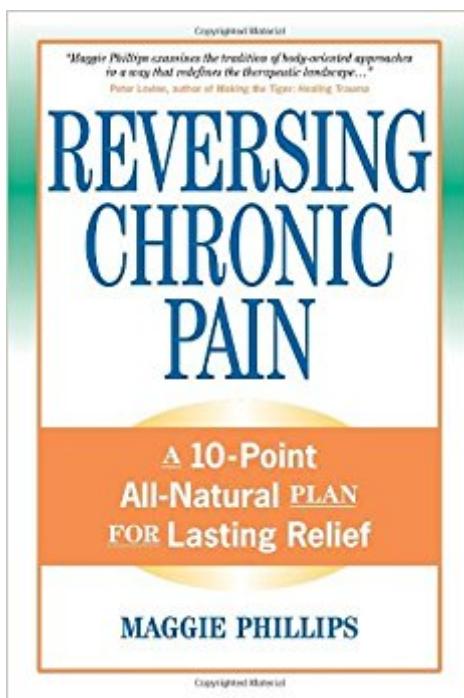


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# Reversing Chronic Pain: A 10-Point All-Natural Plan For Lasting Relief



## Synopsis

Reversing Chronic Pain offers a dynamic framework for joining body and mind to speed the healing of traumatic pain from the body level up. Each chapter presents a body-centered skill set that can be mastered through a broad menu of practice exercises. The resulting interlinked somatic building blocks help readers shift from physical pain to body awareness, and from unstoppable suffering to heartfelt connection and peace. Building on the AIDS cocktail approach that reflects the fact that chronic pain is complex and no one tactic is likely to solve the problem, renowned expert Maggie Phillips presents a 10-1 pain plan comprised of easy strategies based on somatic experience. Even if the reader's pain is perceived as a "10" at the onset of the program, with 10 being intolerable, the somatic building blocks help shift the pain one point at a time until it gradually diminishes to "1" or even "zero." Showing how the common professional interventions—medication, physical therapy, acupuncture, biofeedback—may be more harmful than healing, Reversing Chronic Pain stresses self-treatment throughout, involving sufferers in attaining lives not simply endured but actively enjoyed.

## Book Information

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## Customer Reviews

Maggie Phillips uses her considerable expertise in hypnosis, Somatic Experiencing®, and the treatment of pain to create an intelligent, holistic, refreshing new roadmap for reversing pain. Her approach is smart and sophisticated, yet user-friendly and accessible. Most important, her

methods work. •Belleruth Naparstek, LISW, author of *Invisible Heroes: Survivors of Trauma and How They Heal* and creator of the *Health Journeys* guided imagery audio series “Reversing Chronic Pain offers specific, practical, and effective pathways out of physical suffering. Perhaps more important, it provides hope, so desperately needed by people who have been dragged by persistent pain into hopelessness and despair.” •Bill O’Hanlon, author of *Do One Thing Different: Ten Simple Ways to Change Your Life, Thriving through Crisis*, and *Pathways to Spirituality* “Reversing Chronic Pain is a tremendously helpful guide for dissolving fear and trauma that perpetuate chronic pain. Maggie Phillips’ gentle and soothing style is wonderfully reassuring and healing. Simply reading this book will lend some relief, but when you use the techniques, well-deserved miracles are bound to happen.” •Fred Gallo, PhD, author of *Energy Psychology and Energy Tapping for Trauma* “Reversing Chronic Pain fills a niche that has been sorely lacking in the pain management field. An important book for physicians, psychotherapists, and anyone who suffers from this ubiquitous and poorly-understood condition.” •Robert Scaer, MD, author of *The Body Bears the Burden* and *The Trauma Spectrum* “Maggie Phillips has written the first truly multi-modal, mind-body therapy self-help book for people with chronic pain. She offers usable, nuts-and-bolts techniques that can be used by readers in pain and pain professionals alike. I could not put this book down.” •Bruce N. Eimer, PhD, ABPP, author of *Hypnotize Yourself Out of Pain Now* and *Pain Management Psychotherapy*

A licensed psychologist with 30 years of experience in clinical practice, Maggie Phillips leads workshops, online seminars, and teleclasses nationally and internationally on chronic pain, hypnosis, Somatic Experiencing, stress disorders, the treatment of trauma, and uses of energy psychology and other approaches in mindbody healing. In her private practice, Dr. Phillips specializes in the treatment of complex chronic emotional and physical pain, and posttraumatic and dissociative stress conditions. Phillips is the author of two previous books in addition to numerous articles and book chapters. She has been honored with the Cornelia Wilbur award from the International Society for the Study of Dissociation (ISSD) for her contributions to the field of trauma and dissociation, the Crasilneck award for excellence in writing and the President’s Award from the American Society of Clinical Hypnosis, and is contributing editor for the *American Journal of Clinical Hypnosis*. Dr. Phillips frequently presents at conferences around the world. She has been awarded Fellow status in both the American Society of Clinical Hypnosis (ASCH) and in the International Society for the Study of Dissociation (ISSD).

I am a trauma therapist. I have this book in my library and I also recommend it to clients. Maggie Phillips is one of the foremost experts on the subject of chronic pain. She presents her material in a compassionate and concise way. All methods don't work for every person but there are enough options in this book that you can most likely find something to ease the pain. I have had clients that I have observed doing what this book says in the title: Reversing Chronic Pain. The book offers hope in what sometimes feels like a hopeless situation. Please try it if you are experiencing chronic pain.

Maggie Phillips has gathered an excellent assortment of methods for dealing with pain. These include breathing exercises; sorting out feelings about pain; relaxation; imagery; mindfulness; bioenergy approaches; movement; pendulating (alternating between constriction and expansion); love; and building on success. Each section has discussions, case examples, helpful exercises, notes and references. Phillips' approach is very straightforward and practical, acknowledging that no single method is suitable for every person or every pain. This is an excellent book both for those needing help with pain relief and for therapists who want to learn diverse methods for dealing with pain.

Maggie Phillips has assembled a comprehensive and rich guide for treating patients not only with physical pain problems but also for people suffering from an array of emotional pain. Her truly mind-body approach draws on many renowned writers in this field and does so with practicality and clarity. I keep this book handy at all times and have used her teachings often with wonderful result. For me, a must have tool kit.

Very valuable techniques for coping with chronic pain. Provides excellent insight to the pain process and how to minimize the feeling of pain.

This book is a great guide to finding ways to reduce personal perception of pain. The author makes no claims to cure the underlying problem but offers many options to help one manage pain. Each chapter has several options and each person can choose what combination of activites works for them. Highly recommended.

My wife Has read it. The Book was purchased for her she said it was full of great information and has helped her tremendously. And would recommend it to anyone trying to deal with pain Issues.

Mark

As a psychologist I have treated chronic pain for many years. This is by far the best resource for learning to manage chronic pain that I have ever seen. The author combines informative and accurate information about chronic pain from medical science with the discoveries of mind-body techniques that can help in coping with pain. Amazingly, the author has been able to do this without excessive professional talk so the average reader can benefit from what she has to offer. James L. Helmuth, Ph.D.

Gave them for a present to my sister.....she loved and plans to get more!!!!

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