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The Pain Companion (Paperback)

By Sarah Anne Shockley

Sarah Shockley, United States, 2016. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****. How can we live with chronic pain and not fall into depression and hopelessness? How do we find a way to take this journey with less hardship, and create more ease and well-being in the midst of persistent pain? Living with chronic pain is a very demanding path on all levels: physical, emotional, psychological and spiritual. It is relentless and unforgiving, and tests our ability to cope with extreme challenges on a daily basis. The Pain Companion is a practical guidebook to living with and moving beyond chronic pain based on the author's 8 years of managing debilitating nerve pain. It contains a wealth of insights and wisdom to help ease the impact that living with chronic pain has on well-being, self-image and relationships. Includes 33 specific ways to alleviate pain's emotional, mental, and physical stresses, and 11 simple meditative exercises to help change the relationship with pain from enemy to ally in healing.



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