



Visualize Comfort Pain Management and the Unconscious Mind

By Kristin S Prevallet

Wide Reality Books. Paperback. Condition: New. 102 pages. Dimensions: 8.0in. x 5.0in. x 0.3in. This is the third book in Kristin Prevallets Creative Rewiring Series, and in it she combines the techniques and resources from hypnosis and energy psychology to understand how pain works in your body and with the careful language of a poet, she teaches you how to manage it. You'll discover how you can reduce inflammation and boost your immune system by neutralizing stress and feelings of fear, and by doing this, you'll learn how to re-wire your nervous system's innate ability to boost your body's self-healing mechanisms. You'll be amazed to read about how language, emotions, and thoughts influence your nervous system but most importantly, you'll unlock your unconscious mind's creative potential to help you heal. Initial praise: A young woman I've been working with for several years is in considerable, chronic emotional and physical pain which interferes with every aspect of her life. Although I've been talking to her about ways to dissociate from her pain, nothing was really getting through and she continued almost taking pride in how disabled she is. I read her a short section from Kristin's book and she got it immediately.

DOWNLOAD



READ ONLINE

[4.24 MB]

Reviews

This book will never be straightforward to start on reading through but quite enjoyable to learn. Better than never, though I am quite late in starting reading this one. Your lifestyle span will probably be converted once you complete reading this publication.

-- Dr. Kadin Hane DVM

This publication may be worth purchasing. It was actually written quite flawlessly and valuable. I am just happy to tell you that this is actually the very best book I actually have studied inside my personal life and can be the best ebook for actually.

-- Frank Nienow