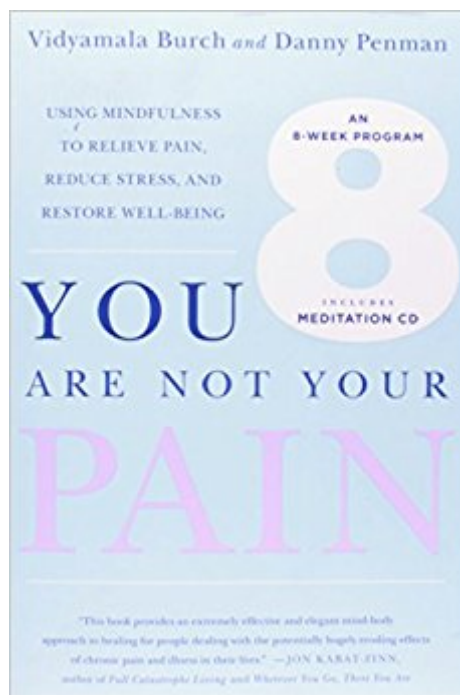




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# You Are Not Your Pain: Using Mindfulness To Relieve Pain, Reduce Stress, And Restore Well-Being---An Eight-Week Program



## Synopsis

Developed by two authors, Vidyamala Burch and Danny Penman who themselves have struggled with severe pain after sustaining serious injuries, *You Are Not Your Pain* reveals a simple eight-week program of mindfulness-based practices that will melt away your suffering. Accompanied by a CD to guide you, the eight meditations in this book take just ten to twenty minutes per day and have been shown to be as effective as prescription painkillers to soothe some of the most common causes of pain. These mindfulness-based practices soothe the brain's pain networks, while also significantly reducing the anxiety, stress, exhaustion, irritability, and depression that often accompanies chronic pain and illness. Whether you experience back pain, arthritis, or migraines, are suffering from fibromyalgia, celiac disease, or undergoing chemotherapy, you will quickly learn to manage your pain and live life fully once again.

## Book Information

Paperback: 256 pages

Publisher: Flatiron Books; Pap/Com edition (January 6, 2015)

Language: English

ISBN-10: 125005267X

ISBN-13: 978-1250052674

Product Dimensions: 6.2 x 9.2 inches

Shipping Weight: 11.8 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 53 customer reviews

Best Sellers Rank: #98,263 in Books (See Top 100 in Books) #13 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Pain #121 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management #485 in Books > Medical Books > Medicine > Internal Medicine > Pathology > Diseases

## Customer Reviews

• This book provides an extremely effective and elegant mind-body approach to healing for people dealing with the potentially hugely-eroding effects of chronic pain and illness in their lives. •  
• Jon Kabat-Zinn, PhD, author of *Full Catastrophe Living* and *Wherever You Go, There You Are* • Drawing on their own experiences, ancient wisdom, and the latest science, Vidyamala Burch and Dr. Danny Penman have created a program of simple daily practices that anyone struggling with pain and stress can follow. *You Are Not Your Pain* is a powerful testament to the ways mindfulness and meditation can help us tap into our own resilience, even in the most painful

times.â • â •Arianna Huffingtonâ œYou Are Not Your Pain shares essential tools for harnessing the power of our minds and hearts to navigate all kinds of pain. The authors have clearly learned a lot both from their personal experiences and their clinical work. A wonderful support for the many people who face the challenge of pain.â • â •Sharon Salzberg, cofounder of the Insight Meditation Society and author of Real Happinessâ œIt's said that pain is inevitable, suffering is optional. This compassionate program shows how to meet pain and reduce suffering, soften around it rather than freeze in fear, drop despair, and reclaim a full, rich life.â • â •Amy Gross, former editor in chief of O, The Oprah Magazine, now teaching Mindfulness-Based Stress Reductionâ œOne of the most important outcomes of mindfulness practice is the reconnecting of body and mind. You Are Not Your Pain brilliantly shows us how to develop that crucial connection and use it to cope with pain and illness. A deeply valuable contribution.â • â •Chade-Meng Tan, Jolly Good Fellow of Google and bestselling author of Search Inside Yourselfâ œThis book is a true gift to anyone suffering from chronic pain. The authors have distilled mindfulness down to simple, core concepts and practices that are accessible to anyone. The pages are imbued with wisdom and compassion born of personal experience. When pain drives you to distraction, please begin here.â • â •Christopher Germer, PhD, author of The Mindful Path to Self-Compassionâ œPain is the great equalizer. No matter who you are, rich or poor, woman or man, young or old, pain will be part of your life. However, with the right tools pain does not have to be a source of suffering. You Are Not Your Pain provides a lucid and powerful guide to meeting life's inevitabilities. With this book you will learn to work with pain and use it to catalyze growth and transformation.â • â •Jeremy Hunter, PhD, Assistant Professor of Practice at The Peter F. Drucker School of Management and creator of The Executive Mind.

VIDYAMALA BURCH is founder and codirector of Breathworks, an organization offering mindfulness-based and compassion-based approaches to living well with chronic pain, illness, and stress. There are Breathworks teachers in over 15 countries. She is the author of Living Well with Pain and Illness which is based on her acclaimed Breathworks program. DANNY PENMAN, PhD, is an award-winning journalist and author who has worked for the BBC, The Independent, and writes for the London Daily Mail. He is coauthor of the bestselling Mindfulness: An Eight-Week Plan for Finding Peace in a Frantic World.

I just finished reading 'You are Not your Pain' by Vidyamala Burch and Danny Penman. I wanted to read the book in its entirety before implementing the program. After reaching

the end, I wish there were a printable chart available where I could, at a glance, see what is on my mindfulness agenda for the day. Particularly when reading the Kindle version, it's hard to flip back and forth to see which meditations I should do on which day. There may be a resource like this already, I just haven't found it at the Breathworks site yet. I can see this mindfulness approach as being quite possibly the BEST solution to managing my own chronic pain and depression and am looking forward to actually starting the program and following it as instructed.

I really enjoy the approach these authors have to chronic pain and healing in a natural and mindful way. We may not be able to stop the pain but we can manage the suffering. I like the mindfulness approach very much. The authors seem sincere in their desire to help people who suffer and it's clear they have experienced and struggled with chronic pain themselves.

As a psychologist I like using this with my patients and self. Very applicable techniques.

I really enjoyed reading this book. It is so beautifully simply written and you can tell the authors have experienced living with chronic pain. But their expressions and descriptions are filled with a compassionate understanding and generosity to the reader. One of the main things I loved was the way the authors explained that there will be resistance to some of the techniques that are suggesting. They clearly spelled out problems the reader might face. Some books may suggest do this, do that and you will feel this. But if you do not get the described result you may feel as though you have failed in some way. Vidyamala and Danny clearly state that these practices take time to master and are very explicit in describing the strategies, thoughts, feelings and struggles that might arise initially in this new practice. This gives the reader the confidence to begin the program and know that their resistance/struggles are a normal, common response. They also provide effective encouragement and techniques to help the reader continue through the program. The many years of built up experience and compassion resonates from the authors. In particular, I found it very comforting to be reassured that you cannot fail at meditation. With time and practice, I feel confident I will see the benefits from regular practice. I also liked the few references in the guided meditations to "respond to your own discomfort as you would naturally respond to a loved one who was hurting". This is so relevant for me as a reminder to be mindful of the tone of my self-talk. The kinds of things I would say to myself I would never say to a family member or friend, so it acts as a good reminder to be aware and then to respond with a gentle understanding and compassion.

It may be a good book, I have not read it. But BEWARE! The audio meditations are not there for kindle devices and the website for downloads has expired. The publisher has abandoned the project. Must not be selling all that well. Too bad.

I think this is a terrific book. It points out that the mind has much to do with the pain we feel, and that to a very great extent we can control that pain. In many ways, it follows the self-fulfilling prophecy concept.

Still working through this program. If you order it, one suggestion unless you are very good at downloading mp3 audio tapes, either buy the audiobook version or the copy with the CD's. Between my Android and my inexperience it was hard to download the files for the meditations. Also, very impressed that with one of the meditations they included a term of 'visualize relaxing into a bale of hay" was not an image that I could imagine. I did contact the company in England and they were kind enough to send another meditation. It didn't quite fit the pain program, but this may well be just my hang up with having been raised on a farm with multiple hay rashes dealing with New England hard hay bales... not soft ones!

This book and the accompanying CD provide a framework for a very valuable pain management program. The book is comprehensive and explains in clear language how this specific mindfulness program can help in managing back and neck pain, and provides hope for those suffering from these.

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