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## Pelvic Pain: An American Surgeon Liberates Himself (Paperback)

By Lea Wilson

Createspace, United States, 2014. Paperback. Book Condition: New. Kit Foster (illustrator). 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Mindfulness Practices AND Changes in Body Posture, Position and Movement. Answers all questions about thoughts that arise in meditation practice. Guides through body and movement assessment and practice. Lea Wilson discovered what many people suffering with the agonizing and emotionally stressful pelvic pain disorder already knew: Chronic Pelvic Pain (CPP) is a poorly understood clinical syndrome of related diagnoses AND research has verified huge difficulties in effective treatment. Affecting as many as 9 of men, Chronic Pelvic Pain continues to baffle the clinicians. Her husband s suffering (>3 years) provided motivation to gain understanding about the cognitive-behavioral models of chronic pain and the mind-body implications as reported in research of the condition. The author recounts the daily practices: roles of attention/awareness, intention, posture, position, movement, and breath. The practices are simple, utilizing the neuroplasticity of our human brain in altering brain real estate to pursue relief and resolution of this disorder. The book offers the specifics of the practice support offered daily. The book also defines specific key practice concepts used to dispel beginner s...



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