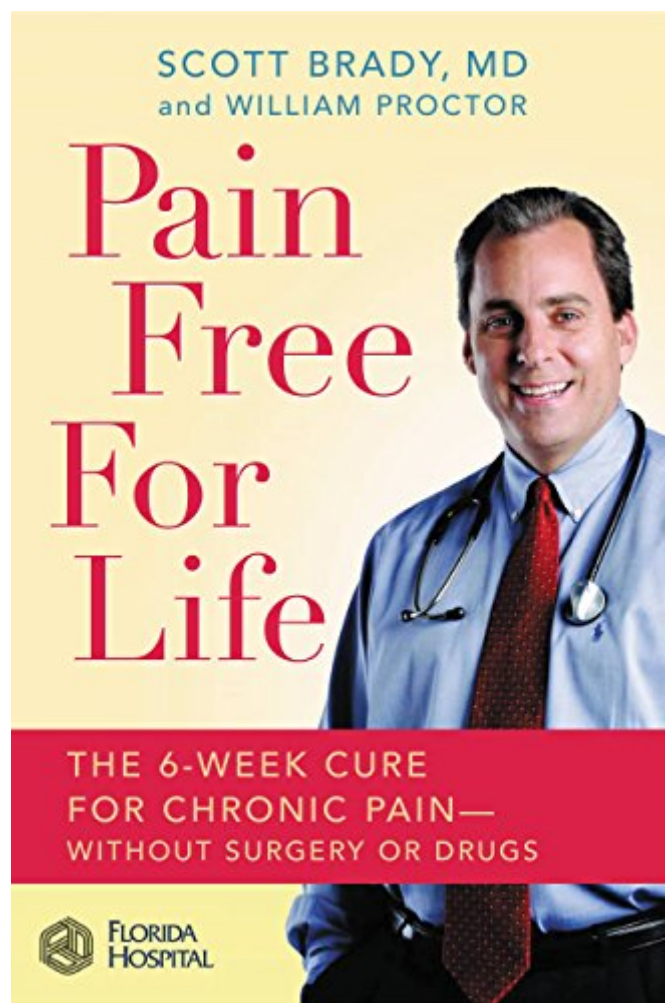




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# Pain Free For Life: The 6-Week Cure For Chronic Pain--Without Surgery Or Drugs



## Synopsis

More than fifty million Americans suffer today from chronic pain. Dr. Scott Brady was one of them. Doctors told him he would live with his back pain for the rest of his life. Having exhausted all options offered by conventional medicine, Dr. Brady overcame his pain using a mind-body-spirit approach in an incredible four weeks. In 2000, he founded the Brady Institute, where more than 80 percent of his patients have achieved 80-100 percent pain relief, without surgery or drugs. In *PAIN FREE FOR LIFE*, Dr. Brady sets a clear course for readers to diagnose what is really causing their pain — autonomic overload syndrome, which is brought on by the repression of harmful negative emotions — with profiles of pain-prone personalities and an innovative spiritual health inventory. He reveals the techniques behind his remarkably effective recovery plan, including the practice of depth journaling and prescriptions to boost the power of personal belief. Dr. Brady's approach has helped his patients overcome such conditions as chronic back pain, nagging neck and shoulder pain, migraine or tension headaches, muscle pain, irritable bowel syndrome, insomnia, and many other chronic pain-associated ailments. The principles and techniques described in *PAIN FREE FOR LIFE* will be illustrated by in-depth case studies. His proven 6-week program produces results in as little as thirty minutes a day.

## Book Information

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## Customer Reviews

Wonderful book that offers steps for making John Sarno's insights, as well as Dr. Brady's own additional insights, into a powerful practice. He outlines the path he took to arrive at his understanding of mindbody pain, he discusses the personality types and traits involved in making someone likely to develop mindbody pain syndromes, and then he outlines a form of journaling practice that can offer relief. There's much more, but for my part, that is the heart of the book, and it can work amazingly well. It did for me. It's basically a way of feeling your feelings instead of stuffing them, recognizing your anger and expressing it (in the journal only - no recommendations about telling off your boss or anything like that), and thereby unloading some of the emotional burdens that your body is carrying. For me, my physical pain had been multiplying over a period of years - first one Achilles tendon, then both, and then over time, both knees, both hips, shoulders, neck and back. I started using this process and the pain receded to a mild version of the original Achilles tendonitis. (You haven't lived until you've ordered a sharp new pain in your shoulder to go away, and it does!) And I have to mention, at the risk of sounding like I'm overselling, that I have ADD, and it did actually help my executive functioning (i.e., it was easier to simply do the things I needed to do, rather than fighting, and sometimes losing, a frustrating inner war). Speaking of overselling, I think the title was a mistake (publisher's idea?). This process addresses mindbody pain, not every kind of pain. And it's not really for life - my guess is that it's for as long as you continue to recognize your own emotions. The process outlined in this book can work wonderfully well for people who have enough of the (very common) personality traits that tend to lead to repressing strong emotions (the book deals chiefly with anger) - things like people-pleasing, fearfulness, compulsive niceness, the need to be liked, to be approved of, and even to be right. If any of that sounds like you, and you're in pain and prepared to consider that your emotions might be even partially involved, try this book. Try this book.

I recommend this book to people all the time and have purchased several copies. As in all things, if people are not willing to do the work and follow the program which involves journaling, they may not have the same level of results. I was turned on to this book by a friend who was healed/set free/made whole from fibromyalgia based on the principles she learned (and used) from this book. I find that some will, some won't, some do, some don't.

Written by a medical doctor who, himself, suffered progressively worsening chronic pain all his life, starting with his teens. He recounts how he came into contact with the concepts of mind-body-spirit medial treatment, his research, then application in his own life - with the amazing results. The changes this brought into his own life, and his practical application to help others. This is a practical, well-written book for the public. No hocus-pocus. Rather, showing some of the results of our own negative emotions upon our own bodies, and ways out of the maze of pain we unconsciously create for ourselves. I, personally, have been dealing with serious chronic pain from shingles residue, fibromyalgia, herniated discs, etc. I'm discovering the validity of Dr. Brady's premises for myself.

My back and body pain of 15 years was healed from this system. I can't recommend it enough!! I would at least recommend buying it and reading it to understand how your mind impacts your body. Dr. Brady is a highly regarded pain physician in Florida and has run a pain institute for Florida Hospital as well as running their CentraCare urgent care clinics.

This book speaks the truth on chronic pain. It was an invaluable resource on my journey of overcoming physical pain, which as it turns out, was rooted in hidden stress. I especially like Dr. Brady's detailed descriptions of the pain-prone personalities. I also highly recommend Dr. Sarno's books *The Mindbody Prescription* and *Healing Back Pain*. *The Great Pain Deception* by Steven Ozanich is also a very helpful guide on the path to recovery.

Changing my life. Great easy to understand ideas and practical ways to implement

If you do what the book says, it will work. Your back pain (and various other rotating body pains) is not in your back, it is in your mind. Ever wonder why when something feels better on your body another body part starts flaring up? It's because the repressed emotions are trying to distract you from what is really going on. Read it and do what it says. The spiritual part wasn't for me, so I bypassed that part. It didn't take 6 weeks, it did take longer, but it worked! This my 4th copy to pass on to another friend. We are meant to get out there and do the things we want to do and not let pain hold us back. After you finish this process, whenever anyone says they have back pain, you will want to refer them to this book because you truly know what the issue is and it's not physical. .

I was so inspired by this book. I'm even re-reading it and am using Dr. Brady's plan for a "pain free

life".I am so encouraged after reading his book.He referred to Dr. Sarno,whose book I also read,"Healing Back Pain".I would encourage anyone who is experiencing chronic pain to read both of these books.

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