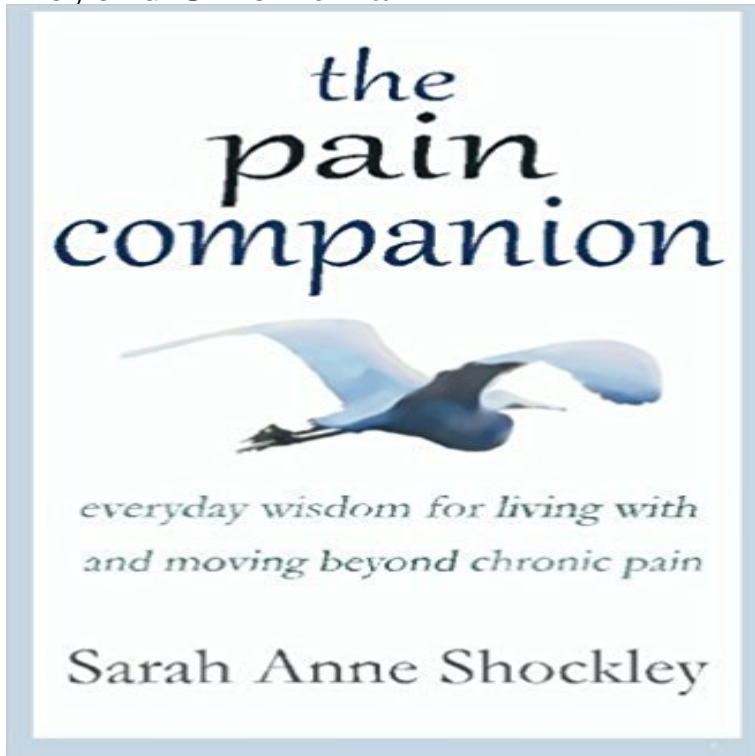


The Pain Companion: Everyday Wisdom for Living With and Moving Beyond Chronic Pain



Are You Living With Chronic Pain? The Pain Companion is a compassionate guidebook for chronic pain management and chronic pain relief. It includes numerous practical ways to ease pains emotional, physical, and mental stresses and bring greater relief and comfort, as well as meditative exercises to create a more positive relationship with pain in the body and bring more well being back into life. I felt supported, heard, and seen. And that's huge - that helps ease the pain of living with pain. - C. Converse, reader. The author recognizes that chronic pain is a multi-layered and complex condition that affects every aspect of our lives. The Pain Companion addresses the myriad ways in which pain affects us emotionally - including our sense of self worth, our relationships, and our identity - and how it limits our engagement with life and with others. The book focuses on helping the reader relieve the daily emotional, mental, and physical challenges and stresses of living with chronic pain, and offers specific, practical ways of creating greater ease, well being and resilience on the path to healing. I felt so alone on my path, and this book changed my life. - T. Fleetwood, reader. Hailed as the go-to book when nothing else works for chronic pain, The Pain Companion is endorsed by physicians, chiropractors, occupational therapists, and psychotherapists working with clients in pain. It is considered by readers to be one of the best books available for those suffering chronic pain, including nerve pain, back pain, pain from surgery, and pain from complex and difficult-to-treat conditions such as fibromyalgia and thoracic outlet syndrome. Provides a method of understanding and working through your pain. The simple exercises are extremely helpful. - R. David, reader. Sarah Anne Shockley has lived with debilitating nerve pain from a particularly severe form of Thoracic Outlet Syndrome

since 2007, and is also the author of Living Better While Living With Pain. She is a regular columnist for Pain News Network and writes The Pain Companion Blog and The Pain Companion Oasis. Both can be found at www.thepaincompanion.com.

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