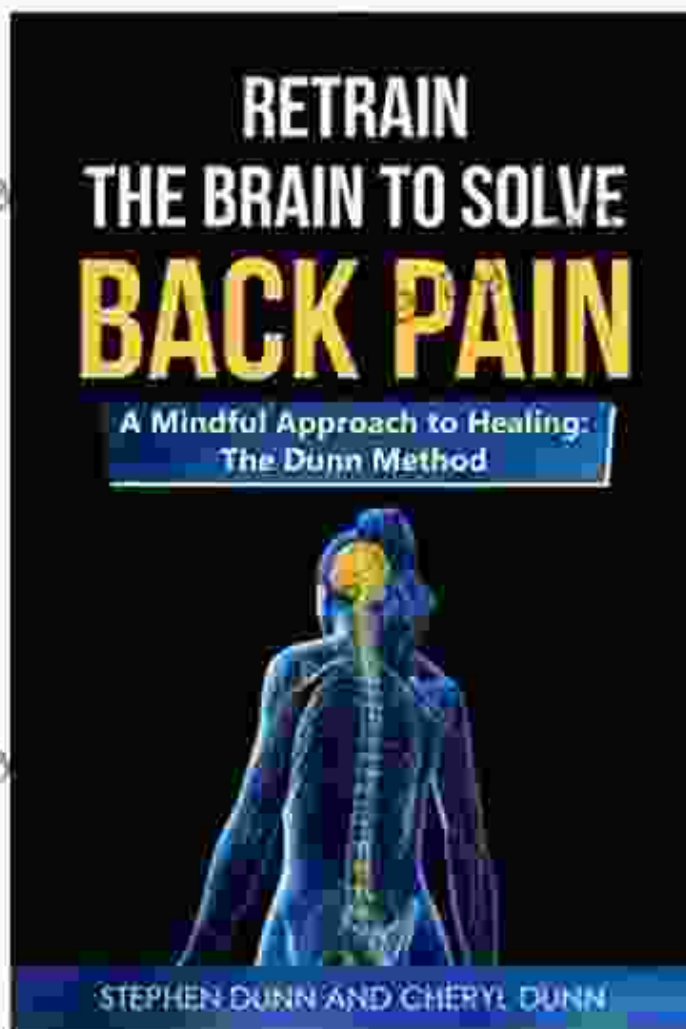


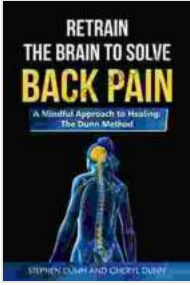
Retrain The Brain To Solve Back Pain: A Mindful Approach To Healing



Retrain The Brain To Solve Back Pain. A Mindful Approach to Healing: The Dunn Method

by Joan Liebmann-Smith

★★★★★ 5 out of 5



Language	: English
File size	: 11654 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 129 pages
Lending	: Enabled
Screen Reader	: Supported



Chronic back pain is a common problem that can have a significant impact on your quality of life.

If you're one of the millions of people who suffer from back pain, you know how debilitating it can be. It can make it difficult to work, play, and even sleep.

The good news is that there is hope. A new book by Dr. Howard Schubiner, *Retrain The Brain To Solve Back Pain: A Mindful Approach To Healing*, offers a revolutionary new approach to treating back pain. Dr. Schubiner's method combines mindfulness techniques with traditional medical treatments to help you retrain your brain and break the cycle of pain.

Here's what you'll learn in *Retrain The Brain To Solve Back Pain*:

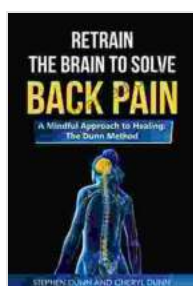
- The latest research on the role of the brain in chronic pain
- How to use mindfulness techniques to reduce pain and improve your mood
- Simple exercises to help you retrain your brain and break the cycle of pain

- How to make lifestyle changes that will help you manage your pain

If you're ready to take control of your back pain and live a more fulfilling life, then Retrain The Brain To Solve Back Pain is the book for you.

Free Download your copy today!

Free Download Now



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