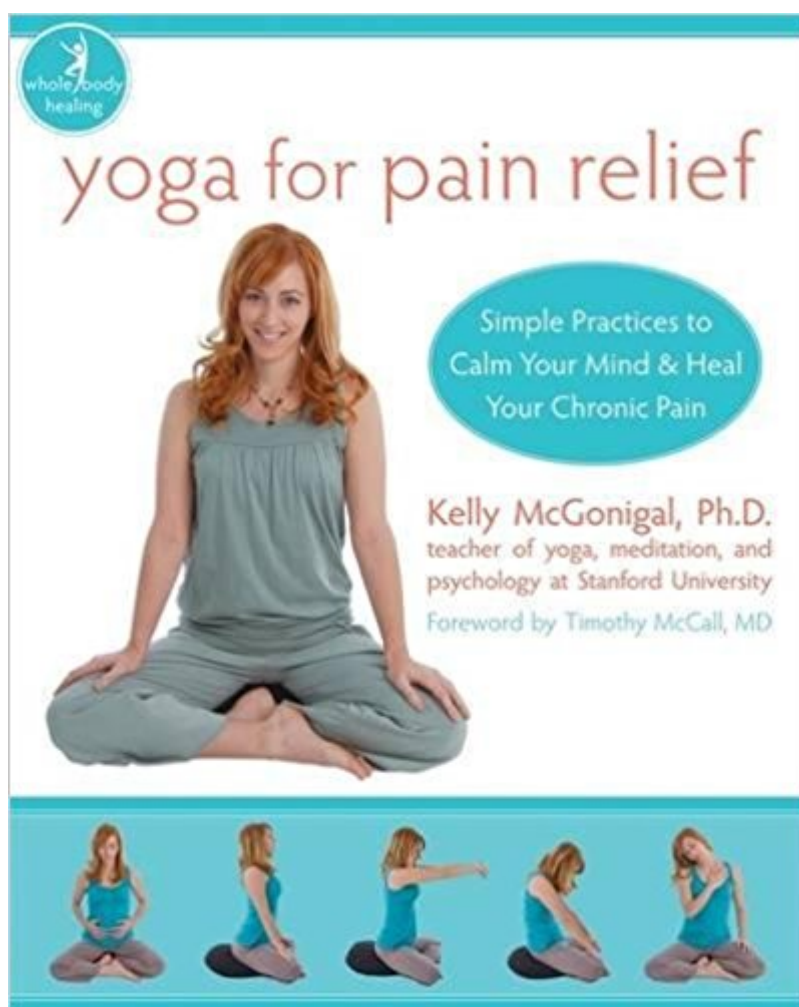




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# Yoga For Pain Relief: Simple Practices To Calm Your Mind And Heal Your Chronic Pain (The New Harbinger Whole-Body Healing Series)





## Synopsis

It's no secret that yoga increases muscular flexibility and strength, but you may not know that yoga is a proven treatment for back pain, knee pain, carpal tunnel syndrome, and other chronic pain conditions. Yoga also helps to ease the stress, anxiety, and depression that can create and reinforce pain, making you feel more comfortable in both your mind and your body. Written by a yoga instructor and former chronic pain sufferer, *Yoga for Pain Relief* is packed with gentle postures and practical strategies for ending pain. This complete mind-body tool kit for healing also includes deep relaxation practices drawn from the yogic tradition and psychological techniques for helping you make peace with your body and dissolve pain. As the ancient practice of yoga releases the hold that chronic pain has over your life, you will begin to feel more like yourself again.

## Book Information

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## Customer Reviews

“McGonigal explores the complex picture of chronic pain, recognizing the many dimensions that contribute to one’s suffering. In simple, easy-to-follow steps, she takes you on a journey, connecting your mind and body through the yoga experience. This book is very much in line with all that the American Chronic Pain Association teaches. I recommend that you relax, renew yourself, and enjoy your adventure through *Yoga for Pain Relief*.” —Penney Cowan, executive director of the American Chronic Pain Association

“Kelly McGonigal’s *Yoga for Pain Relief* is easily one of the best books I have ever read on yoga therapy, and includes

plenty of research and practical tips for dealing with pain. This book is perfect for anyone who lives with any kind of physical or emotional pain, as well as for those working with these conditions professionally, including both conventional and alternative health care providers and yoga teachers. The book has heart and soul, is both kind and informative, and recognizes the individual experience without being reductionist or prescriptive. This book will be required reading for all of the students in my yoga therapy training program.

• Molly Lannon Kenny, MS-CCC, founder and director of The Samarya Center, an internationally recognized training institute for yoga and yoga therapy

“Yoga for Pain Relief will help you to find your ease, courage, and ability to transform your chronic pain. Unlike many other pain treatments, McGonigal’s book illuminates a path free of adverse side effects that is synergistic with your present pain therapy. Yoga for Pain Relief is a jewel, and its brilliance and clarity will touch the heart of healing within.”

• Julie Good, MD, DABMA, clinical assistant professor of pediatric pain and symptom management at Stanford University

“Yoga for Pain Relief is an empowering toolkit for people living with pain or illness.”

• Halle Tecco, founder and executive director of Yoga Bear, a nonprofit organization that teaches yoga to cancer patients and survivors

“In this important book, McGonigal elegantly and simply empowers us, through science and ancient practices, to compassionately transform pain and suffering into ever-present joy blossoming in our hearts. A gift for us all!”

• Nischala Joy Devi, international yoga teacher and author of The Healing Path of Yoga and The Secret Power of Yoga

“Yoga for Pain Relief is an epic book for an epic condition. McGonigal is a quintessential teacher and a brilliant author. Highly recommended for healthcare providers, yoga teachers, or anyone in pain.”

• Larry Payne, Ph.D., director of the Yoga Therapy Rx Program at Loyola Marymount University and coauthor of Yoga for Dummies, Yoga Rx, and The Business of Teaching Yoga

“Whether you are in pain now or you treat those who are, Yoga for Pain Relief will broaden your view of suffering and change your life. McGonigal outlines a clear, step-by-step method, evidence-based yet ancient, to reconnect with the wisdom and joy that is your birthright

• the source of wellness that is so much bigger than your pain.”

• Amy Weintraub, MFA, E-RYT 500, is founder of LifeForce Yoga Healing Institute and author of Yoga for Depression

“In this book, McGonigal provides insightful pathways that can lead those with chronic pain toward a healthier life. Highly recommended for those suffering with chronic pain as well as healthcare practitioners and yoga teachers who work with people in pain.”

• Shoosh Lettick Crotzer, director of Mobility Limited and Enhancement, Inc., and author of Yoga for Fibromyalgia

“From a place of personal experience, McGonigal reaches out of these pages with clarity, knowledge and warmth. I was not

only educated about my pain, but left hopeful that I could come to view it as a beloved teacher. This book not only provides a map for developing a yoga practice through which I can change my relationship to pain, but also empowers me to find my own way via my unique experience.~•

~• •Elissa Cobb, director of programs at Phoenix Rising Yoga Therapy and author of The Forgotten Body ~• ~•“Yoga for Pain Relief provides accurate, easily understood principles of self-care in a user-friendly format. The book offers professionals immediate activities for clinical adaptation with the best, most up-to-date evidence. The person in pain can celebrate the artful bridging of ancient wisdom with the genius of the author in creating an easy-to-follow, personalized road map that is sure to sustain hope and allow him or her to remember joy!~• ~•

~• ~••Matthew J. Taylor, PT, Ph.D., RYT, president of the International Association of Yoga Therapists and founder and owner of the Dynamic Systems Rehabilitation Clinic

In Yoga for Pain Relief, Stanford psychology instructor and prominent yoga teacher Kelly McGonigal shows readers how the wisdom of yoga and the latest skills drawn from mind-body research can end the physical and emotional suffering of chronic pain.

My neurologist recommended this book to deal with my status migraine. I rolled my eyes when she first said it because it's like -- come on migraines are horrific isn't there a pill to take? News flash. There is no magic pill. All the medications I've been on have failed and I had to take my healing into my own hands. This book is a great resource. I've since recommended to anyone dealing with pain. It's not a book of yoga poses. It offers many methods to deal with the pain. Try them all and see what work for you. Meditation, Breathing, Restorative yoga, yoga practice -- I cannot recommend this book enough. It really changed my life.

I haven't gotten all the way through this program/practice yet, but to the point I am at now, the base of pain relief is mental and emotional and what I was seeking is a physical yoga practice to reduce and HEAL the damage from where the pains originate. That is, if a tight muscle is CAUSING the bunion that hurts, I don't seek friendship and acceptance of the bunion; I seek releasing the muscle that is misaligning the bone that IS the bunion. Perhaps the answer lies later in this process, however, I haven't arrived at that point yet--assuming that it is included.

It's a great book, but don't buy the kindle version. It's hard to reference if you want to skip around.

Finally, a book written by somebody who not only gets pain science and yoga, but who actually understands what "yoga" means. It's not only going to a gym and paying for a sweaty class trying to bend better than everyone else or hold a pose or sweat in a bikram class. From my understanding, the word "yoga" actually encompasses three separate parts - they can be done alone or combined - meditation, breath, and movement ("poses"). I haven't been using it long, but I have had annoying chronic pain and know that my body is sensitized to pain. So far, even just the breathing exercises help me feel more open and accepting!!! I was dubious to buy this because it was "yoga," but I read enough about it to suspect it was much more. Only 1 complaint: There's tons of pictures in the book, but video for exercises (breathing and poses both) would help a lot! Thank you, Kelly!

Really loved the well covered different aspects of holistic practice of yoga and mindfulness, that you can bring for managing your pain. But for me as a person who has been doing yoga and trying to keep my mindfulness practice alive, focus in this book on 'bhavana' or attitude while entering meditation or yoga practice makes it a very refreshing exploration of these practices in journey to befriend the pain

Outstandingly written. A simple truth expressed very well, with how-to information. How do you best handle a chronic condition in your body? First, befriend your body, and enlist your body's aid. Remember, the two oxen pull the cart better in cooperation, than they do in contention. I have a yoga student with chronic pain. I began guiding her towards controlling the suffering she was experiencing, and she responded very well. Then I found this book. It expressed in words, what I had been doing by intuition. I read the book in one (rather long) sitting. It is engaging, enlightening, and honest. I shall gift her this book at the next class. The clearly laid out logic of why this approach works, and how to utilize this approach, are helpful for people who have not yet distinguished between pain and suffering. Highest recommendation.

I have low back pain. I bought this book. I like it. It is great for me. I really understand the message of yoga and pain.

My wife suggested I buy a book on yoga to alleviate some of my chronic pain. I chose this one. I'd always thought yoga was for self-absorbed women but found many of the exercises useful. There are illustrations of men (albeit fewer than pictures of the author and other women) and most of the book sounds like a refugee from Woodstock wrote the text. This is an example: "The first time you

try a meditation, you plant the seed of the positive emotion. Each time you return to the meditation, you are watering the seed, creating a nurturing environment for it to grow in." Oh, brother. If that wasn't bad enough, the section on "What Kind of Relationship do you Have with your Body?" (page 50) featured the worst kind of feminist drivel. The author's description of the "enemy" features phrases like "being around him makes you uncomfortable" or "you feel angry just thinking about him and what he has done to you" or "you might be shocked and sad at how he has betrayed your trust" or "you don't want to deal with him. You don't want to listen to him." You get the idea. Now, here are some passages from how you would describe a "friend": "You feel comfortable around her" or "Being around her puts you in a better mood" or "You can count on her to be there for you when you need her." or "you feel at home and free to be yourself (with her)" or "When you've had a bad day or are anxious, you might feel the need to connect with her". My wife was wrong - yoga IS for women, apparently.

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stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1) The Better Bladder Book: A Holistic Approach to Healing Interstitial Cystitis & Chronic Pelvic Pain[ THE BETTER BLADDER BOOK: A HOLISTIC APPROACH TO HEALING INTERSTITIAL CYSTITIS & CHRONIC PELVIC PAIN ] by Cohan, Wendy (Author ) on Nov-09-2010 Paperback Easy YOGA GUIDE for beginners: Simple 46 Hatha Yoga Poses for Body and Mind (Yoga for Beginners Book 1) Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief) Whole Food: The 30 day Whole Food Ultimate Cookbook 100recipes (Whole Food Diet, Whole Food Cookbook,Whole Food Recipes, Clean Eating, Paleo, Ketogenic) Yoga: A Man's Guide: The 30 Most Powerful Yoga Poses to Sharpen Your Mind and Strengthen Your Body (Just 10 Minutes a Day!, Yoga Mastery Series) 10 Simple Solutions to Adult ADD: How to Overcome Chronic Distraction and Accomplish Your Goals (The New Harbinger Ten Simple Solutions Series) The Calming Collection - Calm Mom, Calm Dad, Calm Child: Keeping Your Cool With Your Children, Your Family, and Everyone Else in Your Life

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