



# Freedom from Pain: Discover Your Body's Power to Overcome Physical Pain

*Peter A. Levine , Maggie Phillips*

Download now

Read Online →

# Freedom from Pain: Discover Your Body's Power to Overcome Physical Pain

*Peter A. Levine , Maggie Phillips*

**Freedom from Pain: Discover Your Body's Power to Overcome Physical Pain** Peter A. Levine , Maggie Phillips

If you are suffering chronic pain-even after years of surgery, rehabilitation, and medication-only one question matters: How do I find lasting relief? With Freedom from Pain, two pioneers in the field of pain and trauma recovery address a crucial missing factor essential to long-term healing: addressing the unresolved emotional trauma held within the body. Informed by their founding work in the Somatic Experiencing(r) process and unique insights gleaned from decades of clinical success, Drs. Levine and Phillips will show you how to: Calm the body's overreactive "fight" response to pain Release the fear, frustration, and depression intensified by prior traumas, and build inner resilience and self-regulation Relieve pain caused by the aftermath of injuries, surgical procedures, joint and muscle conditions, migraines, and other challenges Whether you're seeking to begin a self-care strategy or amplify your current treatment program, Freedom from Pain will provide you with proven tools to help you experience long-term relief. "Brilliant, practical, and wise, this is an enormously helpful book. I cannot recommend this work highly enough." -Jack Kornfield, author of A Path with Heart "This book is for everyone who wants freedom from pain. I have read dozens of books on pain relief and the power of the mind for healing, and this is clearly the best to date." - Steven Gurgevich, PHD, assistant clinical professor of medicine, Arizona Center for Integrative Medicine

## Freedom from Pain: Discover Your Body's Power to Overcome Physical Pain Details

Date : Published April 28th 2012 by Sounds True (first published December 28th 2011)

ISBN : 9781604076639

Author : Peter A. Levine , Maggie Phillips

Format : Paperback 240 pages

Genre : Health, Psychology, Nonfiction

 [Download Freedom from Pain: Discover Your Body's Power to O ...pdf](#)

 [Read Online Freedom from Pain: Discover Your Body's Power to ...pdf](#)

**Download and Read Free Online Freedom from Pain: Discover Your Body's Power to Overcome Physical Pain** Peter A. Levine , Maggie Phillips

---

## **From Reader Review Freedom from Pain: Discover Your Body's Power to Overcome Physical Pain for online ebook**

### **LemontreeLime says**

Read this on a whim, the audio is only about 2 hours. Was really struck with the author's discussion of how traumatic events can exacerbate pain and thwart pain management. I may have to read Levine's book on pain and trauma now, it sounds fascinating and on the money.

---

### **Cyndi says**

Good exercises and visualizations. mindfulness-based, sensorimotor & trauma wise methods. Includes cd.

---

### **Randy Hirt says**

#### **A very different way to look at pain**

Btw, don't buy Kindle version of this book because it doesn't contain audio, as others have noted. With that said, the book is thoughtful, insightful and obviously written by a practitioner who has experienced the trials and tribulations and yes triumphs of the pain recovery process.

---

### **Cathy Hasty says**

So far I am impressed with this book; I have read others by Levine and followed his work with trauma. The CD seems to be a good resource.

---

### **K, Nz says**

A valuable read that validated my sense of what the source of the pain I've been experiencing was. The techniques look useful, and it's a vital perspective to have on pain and body consciousness and intelligence.

---

### **Barbara (The Bibliophage) says**

This is a mix of science, psychology and mindfulness that seems very compassionate and wise. I haven't put everything into place that they recommend, but it's easy to follow and I look forward to trying. I especially found some of the information about anger and pain to be illuminating.

---

### **Donna Hoffner says**

I loved the information on breathing and exercise. The emotional trauma chapters were interesting but didn't pertain to my situation per se. I did learn a lot about healing and not living in chronic pain.

---

### **Deidre says**

good ideas, not the most compelling presentation of them.

---

### **Fusun Dulger charles says**

Excellent book on advice how to cope with pain and Chronic Diseases both for the suffers and for the caretaker. It has serious leaning on Buddhist Philosophy but would help anyone whether Buddhist or not. I am keeping it by my bedside to re-read when I am in pain. Strongly recommended.

---

### **Crystal says**

Guided you through vitalizations and breathing exercises to learn how to deal with you pain, and understand how you feel it and when it's triggered.

---

### **Allen Herring says**

A quick read. Some interesting tips on how to sit with pain, how to meditate and so forth.

---

### **Waseem says**

Nothing ground breaking - some good ideas and use of mental imagery - think one versed in meditation and self hypnosis can do a great deal with these ideas and far more by studying them fields vs the decent vaguely covered ideas here in my opinion

Waseem Mirza  
<http://www.WaseemMirza.net>

---

### **Laura Siegel says**

This book is accompanied by a CD of short meditations that are alone worth the read. They help you go back

and forth between parts of your body that are in pain and not in pain, somehow reducing the pain cycle. I found them most helpful.

---