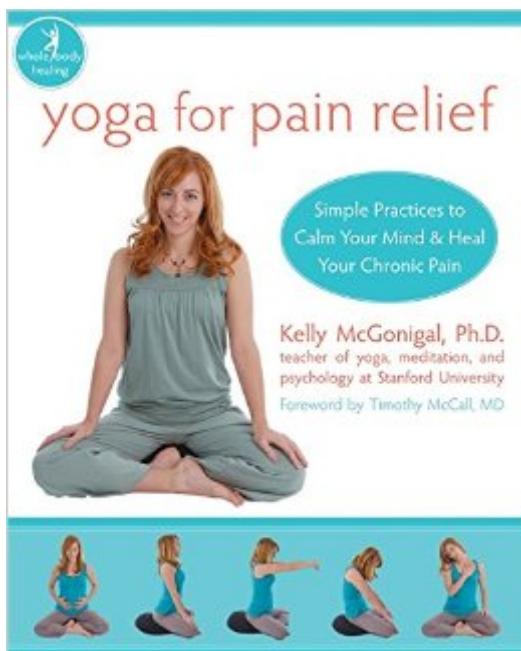


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Yoga For Pain Relief: Simple Practices To Calm Your Mind And Heal Your Chronic Pain (The New Harbinger Whole-Body Healing Series)



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

NOTE: I received a free copy of this book to review for the web site Metapsychology Online Reviews; please see a more complete version of my review on that site. *Yoga for Pain Relief* offers simple strategies from the mind-body approach of yoga to ease pain--both physical and emotional--and to alleviate suffering. In her Introduction, author Kelly McGonigal describes how pain itself is a mind-body experience; she notes that chronic pain in particular is a learned response. Through the regular practice of yoga strategies, including breathing techniques, befriending the body, physical exercises, and relaxation, McGonigal maintains that one can attain greater control

over one's mind and body both to increase comfort and to decrease suffering. McGonigal begins by providing an overview of the pain response. She then introduces some basic ideas from the yogic tradition that will facilitate further discussion of the yoga healing practices. These concepts are very straightforward, such as the importance of the breath and the focus on the experience of inner joy as part of the practice. At this point, McGonigal is ready to begin reviewing some actual healing practices, starting in Chapter 3 with Breath. Throughout the practice segments of the book, there are detailed descriptions of how to perform the various exercises accompanied by clear, helpful black-and-white photos of McGonigal and other models demonstrating the movements. Also, at the end of every yoga practice chapter, McGonigal includes a "Putting it All Together" section which offers suggestions for how to use the exercises/practices in different ways.

yoga for pain relief is hands-down the best guidebook written on the topic of yoga and chronic pain. It is practical, compassionate, science-based and easy to understand. This is Yoga; this is science; and best of all, this is accessible to people who do not know yoga. Three specific groups of people should read this book - people with chronic pain, practitioners who treat people in pain, and all Yoga teachers. Kelly's expertise and experiences allow her to provide hope and a realistic view that improvements are possible. Her book offers compassionate guidance, and makes it clear that chronic pain is a complex multidimensional problem requiring much more than a recipe approach or modifications of yoga postures. Many of the simple to perform techniques she describes are effectively used in multidisciplinary pain management settings. Even people with severe pain will find some assistance from this guidebook. With over 20% of the North American population reporting chronic pain, there is a huge need for greater understanding of pain self-management and the role Yoga can play in recovery. I recommend yoga for pain relief to my patients and students for the following reasons:^{*} The instructions are simple and easy to follow, including powerful breathing, body awareness, relaxation and meditation techniques.^{*} There are no recipes provided.^{*} The guidance includes many aspects of Yoga, rather than a biomechanical focus on Yoga postures as physical therapy.^{*} Her 'five guidelines for movements that heal' answer an important question about how to move in the face of ongoing pain.^{*} The clarity that some techniques are for immediate pain relief and others are for long last benefits.

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