



Break Through Pain: A Step-by-Step Mindfulness Meditation Program for Transforming Chronic and Acute Pain

By Shinzen Young

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Break Through Pain: A Step-by-Step Mindfulness Meditation Program for Transforming Chronic and Acute Pain By Shinzen Young

The newest treatment for pain is one of the oldest, most effective strategies for pain-free living: meditation. With Break Through Pain, meditation expert Shinzen Young teaches you how to retrain your relationship to pain through traditional meditation practices. Drawing from thirty years of results in the field, this respected teacher offers the essential techniques that have proven successful at painmanagement centers around the country. Break Through Pain adapts the core principles of mindfulness training to a practical process that can treat even extreme, chronic pain effectively, possibly reducing the need for drugs or surgery. Step-by-step techniques taught in plain language show how to overcome internal resistance-the key to transforming physical pain into a flow of pure energy. Includes Shinzen's five most effective meditations for pain.

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Break Through Pain: A Step-by-Step Mindfulness Meditation Program for Transforming Chronic and Acute Pain By Shinzen Young Bibliography

- Sales Rank: #523373 in Books
- Published on: 2006-03-01
- Number of discs: 1
- Original language: English
- Number of items: 1
- Dimensions: .56" h x 6.77" w x 7.93" l, .78 pounds
- Running time: 4500 seconds
- Binding: Hardcover
- 69 pages



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Editorial Review

About the Author

Shinzen Young is the founder of the Vipassana Support Institute and many other meditation centers around the country.

Users Review

From reader reviews:

James Snyder:

Why don't make it to become your habit? Right now, try to ready your time to do the important act, like looking for your favorite guide and reading a guide. Beside you can solve your condition; you can add your knowledge by the publication entitled Break Through Pain: A Step-by-Step Mindfulness Meditation Program for Transforming Chronic and Acute Pain. Try to the actual book Break Through Pain: A Step-by-Step Mindfulness Meditation Program for Transforming Chronic and Acute Pain as your close friend. It means that it can for being your friend when you feel alone and beside that course make you smarter than in the past. Yeah, it is very fortuned for you. The book makes you far more confidence because you can know almost everything by the book. So , let me make new experience and also knowledge with this book.

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