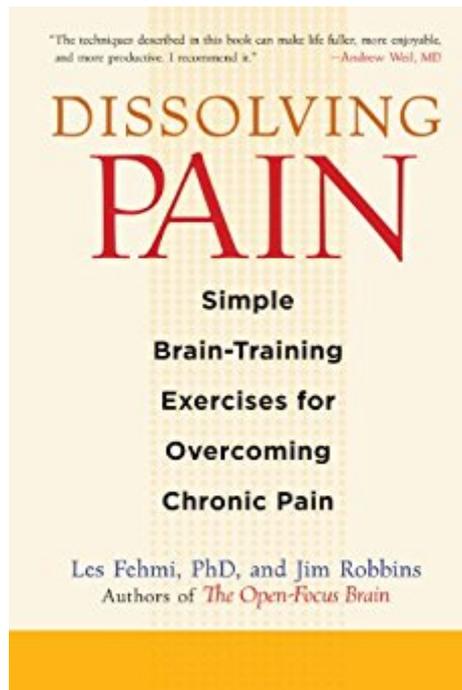


The book was found

Dissolving Pain: Simple Brain-Training Exercises For Overcoming Chronic Pain



Synopsis

For four decades, Dr. Les Fehmi has been training people to regulate their own brainwave patterns to improve their mental, emotional, and physical health. His new book focuses on the treatment of pain, and it is based on the premise that although pain is perceived to exist in a particular part of the body, pain actually arises in the brain. Drawing on existing scientific research and on decades of clinical experience, he offers brain-training exercises that quiet the pain signal in the brain. The exercises involve altering the way we pay attention to pain, cultivating what Fehmi calls Open-Focus Attention: a relaxed form of awareness that changes the neural blood flow and increases alpha brainwave activity (associated with reduced stress and beneficial hormonal changes). These exercises are effective in the treatment of many forms of pain including back, shoulder, neck, and joint pain; headaches; muscle pain and tension; and pain from traumatic injury. Included with the book is a 60-minute program that guides listeners through the Open-Focus exercises to help them to become pain free.

Book Information

File Size: 530 KB

Print Length: 195 pages

Publisher: Trumpeter; Pap/Com edition (July 25, 2011)

Publication Date: July 25, 2011

Sold by: Digital Services LLC

Language: English

ASIN: B005ET9V1Q

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #384,203 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #85

in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Pain #94

in Kindle Store > Kindle eBooks > Medical eBooks > Alternative & Holistic > Holistic Medicine

#532 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Healing

Customer Reviews

Having read Dr. Fehmi's other book, " The Open-Focus Brain ", I purchased " Dissolving Pain "

thinking it might be more targeted to pain issues. I was surprised to find that although there was some crossover material, Dissolving Pain was not a re-packaged version of another book. This book will certainly help anyone suffering from emotional or physical pain. At around 170 pages, it was an easy read. I highly recommend and feel confident others would benefit as much as I have.

Without going into too much detail, I will divulge that I was in desperate need of a solution to cope with pain. My doctors were giving me all they had in terms of medication and treatment but it seemed like I was alone in the world when it came to the physical anguish I was experiencing. With a relatively skeptic eye, I read Dissolving Pain and immediately felt as though I had control over my own body for the first time in months. The brain can be your best friend or your worst enemy. This book gave me a lucid understanding of how to exercise the massive mental elements of my condition. I felt like a new man and will continue to recommend this book to friends and family members in need!

Dr. Les Fehmi and co-author Jim Robbins have done a tremendous job with a topic that is tremendously difficult to convey. I have read and enjoyed numerous other books on the subject including "Pain Free" and "3 Minutes to a Pain Free Life", but none have helped as quickly with my pain as "Dissolving Pain". Often dismissed as "New Age" or "Spiritual" healing, bio-feedback is not only vastly documented and validated, but gaining acceptance on a large scale. I was first introduced to bio-feedback by my dentist 15 years ago and opted to use bio-feedback instead of the anesthesia. Not only did I have virtually no swelling or bleeding, I had no instance of swelling and returned to work immediately. I was convinced on the merits of using bio-feedback to alleviate pain but have not found a book or program that I could follow easily. A fairly easy and concise read, I finished the book in a weekend and began to use the exercises the next week. I plan on using the book and enclosed CD anytime my shoulder pain returns. As they say in movie reviews "2 thumbs up"!

It takes less than 2 hours to follow a series of questions that are almost relaxing in nature, in "Dissolving Pain". The book is broken into 2 parts really, the front of the book that describes the science behind bio-feedback along with numerous examples. The 2nd part is a series of questions that ask you to think or imagine. It sounds strange, but I decided to go with it and see what happens. It seems to have helped with my chronic pain associated with a condition called "drop foot" that I have dealt with since an auto accident 5 years ago. While my pain is not eliminated (yet), I am

experiencing lessened pain and that is a major step

I am a therapist who uses Neurofeedback and Biofeedback in my clinical practice. The author of this book is highly respected in this field and I have benefited from many of his other books. Dissolving Pain has also been very helpful to me as a practitioner, but I'm not sure how useful it would be to my clients if I just had them read it without some guidance and without helping them find a way to tailor the exercises to fit into their lives - most people simply don't have the time to do these exercises as they are presented in the book. I think that overall - this book is great for people who are familiar with neurofeedback but will be a challenge for those who are new to the method or who don't have therapist support. I liked the way the book was written - easy to follow and well laid out.

When I first saw this new book by Dr Fehmi I thought its premise was too good to be true. How could a set of mental exercises simply dissolve the feeling of pain accumulated over several years, particularly in difficult to treat areas such as knees? Well, in spite of my scepticism, after doing the exercises I saw a remarkable reduction in pain around my swollen knees. I then used the exercises for anxiety and I noticed a clear shift, and I have only just started to experiment. I have recommended this book and the CD to some of my friends but I don't see them ready to take a leap of faith. They will probably try the method on their ails and pains when everything else fails and that is a pity. After my experience with this book and the CD, I feel more inclined than ever to continue doing the exercises. The open focus method is empowering and puts the responsibility for managing physical and emotional pain on us. I thoroughly recommend it.

I reluctantly read " Dissolving Pain " after trudging through several other " Bio Feedback " related books. To my surprise, it was both a helpful and engaging read. Having suffered for years with migraine related pain and most recently, emotional pain, I was open to try the excercises outlined. Not only has the book helped tremendously, but Dr. Fehmi's alternative to pharmaceutical healing was just what I needed. I have recommended Dissolving Pain to several co-workers who suffer from a variety of pain issues. If only I had read this 4 weeks earlier when I had lingering pain from a multiple wisdom tooth extraction! Chapter 4 is titled " The domain of pain is mainly in the brain ", which really sums up the book for me. I rarely thank an author, but for the record, thank you Dr. Fehmi and co-author, Jim Robbins for this insightful and helpful book.

[Download to continue reading...](#)

Dissolving Pain: Simple Brain-Training Exercises for Overcoming Chronic Pain Memory Exercises:

Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training) Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training, Puppy training, Puppy house training, Puppy training ... your dog, Puppy training books Book 3) Puppy Training: Step By Step Puppy Training Guide- Unique Tricks Included (puppy training for kids, puppy tricks, puppy potty training, housebreak your dog, obedience training, puppy training books) Puppy Training: Puppy Training for Beginners: The Complete Puppy Training Guide to Crate Training, Clicker Training, Leash Training, Housebreaking, Nutrition, and More Brain Inflammation in Chronic Pain, Migraine and Fibromyalgia: The Paradigm-Shifting Guide for Doctors and Patients Dealing with Chronic Pain (Inflammation Mastery & Functional Inflammology) Brain Training: Power Brain! - Secret Techniques To: Improve Memory, Focus & Concentration (Brain teasers, Improve memory, Improve focus, Concentration, Brain power) Brain Training: The Ultimate Guide to Increase Your Brain Power and Improving Your Memory (Brain exercise, Concentration, Neuroplasticity, Mental Clarity, Brain Plasticity) Brain Games for Dogs: Training, Tricks and Activities for your Dog's Physical and Mental wellness(Dog training, Puppy training, Pet training books, Puppy ... games for dogs, How to train a dog Book 1) Exercises for the Brain and Memory : 70 Neurobic Exercises & FUN Puzzles to Increase Mental Fitness & Boost Your Brain Juice Today (With Crossword Puzzles) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training Guide 4th Edition: The Ultimate handbook to train your puppy in obedience, crate training and potty training (Training manual, Puppy Development, ... Training, Tracking, Retrieving, Biting) Puppy Training: 10 Worst Puppy Training Mistakes That Can Ruin Your Dog (And How To Train Them Right) (puppy training, dog training, puppy house breaking, ... training a puppy, how to train your puppy) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) The Chronic Pain Control Workbook: A Step-By-Step Guide for Coping with and Overcoming Pain (New Harbinger Workbooks) Defeat Chronic Pain Now!: Groundbreaking Strategies for Eliminating the Pain of Arthritis, Back and Neck Conditions, Migraines, Diabetic Neuropathy, and Chronic Illness 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 Brain Cancer Treatment - How to Beat Brain Cancer And Get Your Life Back (Brain Cancer, Tumor, Brain Cancer

Treatment, Natural Treatment) Self-help Treatment for Chronic Fatigue Syndrome, M.E,
Fibromyalgia and Adrenal Fatigue: The Sensitive's Solution: FREE Support Group (Chronic Fatigue
Syndrome, M.E, Fibromyalgia, Chronic Fatigue) BRAIN: 51 Powerful Ways to Improve Brain Power,
Enhance Memory, Intelligence and Concentration NATURALLY! (MEMORY, Memory Improvement,
Learning, Brain Training)

[Dmca](#)