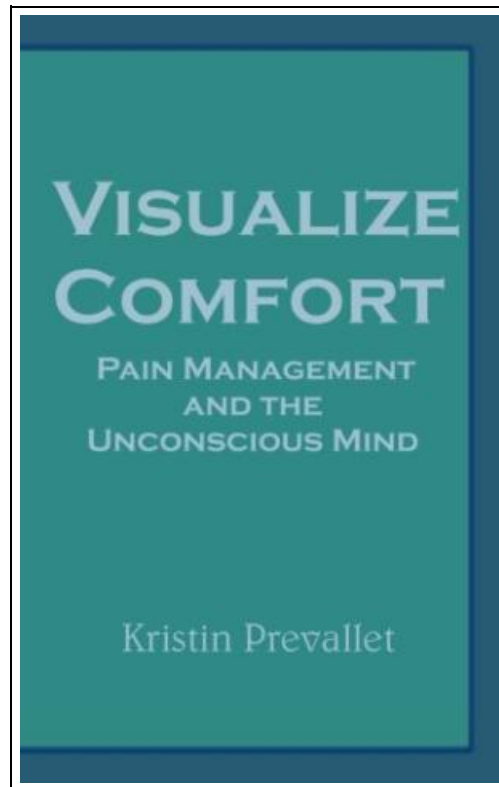


## Visualize Comfort Pain Management and the Unconscious Mind



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## VISUALIZE COMFORT PAIN MANAGEMENT AND THE UNCONSCIOUS MIND



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Wide Reality Books. Paperback. Condition: New. 102 pages. Dimensions: 8.0in. x 5.0in. x 0.3in. This is the third book in Kristin Prevallets Creative Rewiring Series, and in it she combines the techniques and resources from hypnosis and energy psychology to understand how pain works in your body and with the careful language of a poet, she teaches you how to manage it. You'll discover how you can reduce inflammation and boost your immune system by neutralizing stress and feelings of fear, and by doing this, you'll learn how to re-wire your nervous system's innate ability to boost your body's self-healing mechanisms. You'll be amazed to read about how language, emotions, and thoughts influence your nervous system but most importantly, you'll unlock your unconscious mind's creative potential to help you heal. Initial praise: A young woman I've been working with for several years is in considerable, chronic emotional and physical pain which interferes with every aspect of her life. Although I've been talking to her about ways to dissociate from her pain, nothing was really getting through and she continued almost taking pride in how disabled she is. I read her a short section from Kristin's book and she got it immediately. . . -Joan Rothchild Hardin, PhD, Clinical Psychologist, allergiesandyourgut.com Kristin Prevallets deep roots of language, of experience of pain and suffering, of compassion and the tender nurturing of life help form the basis of her work with clients bound by distressing pain. She brings the gift of self-hypnosis which empowers sufferers to feel themselves free of pain if only for this moment, and then for the next, and next. The reader learns about the gate theory of pain and will become skilled through the practice of monitoring these gates when a painful experience presents itself. Dr. Barbara Nichols, S. L....



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