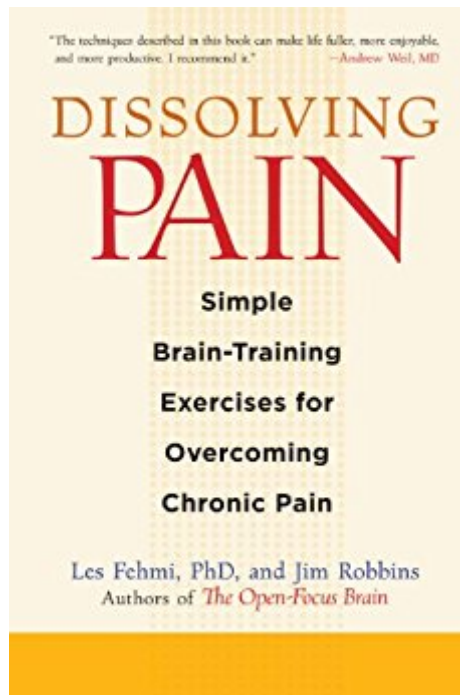


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Dissolving Pain: Simple Brain-Training Exercises For Overcoming Chronic Pain



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

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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 exercise's 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.

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