

The Mindfulness Solution to Pain: Step-by-Step Techniques for Chronic Pain Management

By Jackie Gardner-Nix

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Your mood, thoughts, and emotions can affect your perception of pain and even your ability to heal. In fact, your past life experiences influence your current physical challenges: “your biography influences your biology.” While treatments like medication and physical therapy can be enormously beneficial to the body, to maximize pain relief, it’s necessary to take advantage of the mind’s healing abilities. This book offers a revolutionary new treatment approach, mindfulness-based chronic pain management, that helps you harness your mind’s power to quiet your pain and put you in control.

Mindfulness practice, which includes stationary meditations, movement meditations, mindful art, and other strategies, will help you:

- Understand how emotions and thoughts affect physical symptoms
- Reverse the debilitating effects of some chronic pain conditions
- Prevent pain from becoming chronic or long-term
- Lift the anxiety and depression that may accompany chronic pain

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The Mindfulness Solution to Pain: Step-by-Step Techniques for Chronic Pain Management By Jackie Gardner-Nix Bibliography

- Sales Rank: #97648 in Books
- Brand: Brand: New Harbinger Publications
- Published on: 2009-02-02
- Original language: English
- Number of items: 1
- Dimensions: 8.90" h x .60" w x 5.90" l, .90 pounds
- Binding: Paperback
- 224 pages

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Editorial Review

Review

"Dr. Jackie's book provides a holistic approach to help people manage and cope with their daily pain. *The Mindfulness Solution to Pain* provides hope to anyone who is suffering and losing function as a result of constant pain."
—Sol Stern, MD, chairman of Palliative Care at Halton Healthcare Services in Oakville, ON, Canada

From the Publisher
In **The Mindfulness Solution to Pain**, pain specialist and mindfulness based stress reduction (MBSR) teacher Jackie Gardner-Nix offers techniques proven to reduce chronic pain and suffering using mindfulness meditation exercises based on the pioneering work of Jon Kabat-Zinn.

About the Author

Jackie Gardner-Nix, MD, PhD, is a chronic pain consultant in the Department of Anesthesia and the Pain Clinic of St Michael's Hospital in Toronto, ON, Canada, and the Department of Anesthesia and Pain Management at Sunnybrook Health Services Centre, also in Toronto. She is assistant professor in the Department of Anaesthesia, at the University of Toronto. Gardner-Nix is internationally renowned for her ability in managing chronic pain through expert use of medications. She has been on advisory boards for pain medications, including for the College of Physicians and Surgeons, the Ontario Medical Association, and the Ministry of Health. She is an accomplished speaker who has given many workshops and presentations internationally, and has written publications on palliative care and control of chronic non-cancer pain. She was a Toronto Sun Women on the Move nominee in 1994 for her work in palliative care.

Jon Kabat-Zinn, PhD, is internationally known for his work as a scientist, writer, and meditation teacher engaged in bringing mindfulness into the mainstream of medicine and society. He is professor of medicine emeritus at the University of Massachusetts Medical School, and author of numerous books, including *Full Catastrophe Living*, *Arriving at Your Own Door*, and *Coming to Our Senses*.

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