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Autore	Miller Emmett
Titolo	Change the channel on pain : Managing pain successfully. // Emmett Miller
Pubbl/distr/stampa	Solon, : Better Listen, 2016
ISBN	1-61544-823-3
Edizione	[Unabridged.]
Descrizione fisica	1 online resource (1 audio file) : digital
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Altri autori (Persone)	MillerEmmett
Soggetti	Nonfiction New Age
Lingua di pubblicazione	Inglese
Formato	Audiolibro
Livello bibliografico	Monografia
Note generali	Unabridged.
Sommario/riassunto	You can learn to shift your awareness and diminish the pain signals reaching your brain. This program offers two thoroughly relaxing and soothing experiences teach you to use two different techniques to tune out pain and tune in relief. For chronic or acute pain—"Change the Channel." Purpose: To reduce, relieve or eliminate pain. To build self-esteem in chronic pain sufferers. To teach various techniques of pain control. Recommended for Chronic and acute pain of all types, and to support medical treatment. Other programs deal with specialized pain relief (post surgery, headache, backache, etc.)