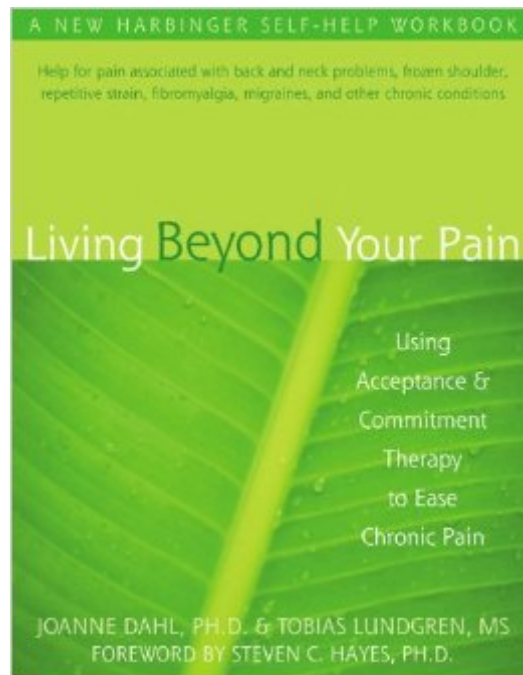


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# Living Beyond Your Pain: Using Acceptance And Commitment Therapy To Ease Chronic Pain



## Synopsis

Here is an approach to living with chronic pain unlike any you've seen before, one that breaks through pain to help you live the rich and full life you deserve. Based on acceptance and commitment therapy (ACT), one of the most promising and fastest growing psychotherapies in use today, this book breaks with conventional notions of pain management, the traditional "feel good" approaches including the use of pain-killing medication that work to prevent painful sensations. But the ACT approach to living with pain is different. It helps you recognize pain as an event in your life that doesn't need to interfere with the way you live. In fact, attempts to avoid pain can often cause more harm than good, both to your body and to your peace of mind. By accepting and learning to live with pain, you can limit the control it exerts over your life. Mindfulness exercises, in particular, can help you transform pain from a life-defining preoccupation to a simple experience. From this strong position, you can make choices that will lead you to the life you've always wanted. Committed action is the way to make it happen. Use this step-by-step program to:

- Discover why painkillers are not the answer
- Clarify what you value and how you want to live your life
- Stop your thoughts from holding you back
- Develop mindfulness skills to keep pain in perspective
- Commit to meaningful actions that lead to richer, more fulfilling experiences

## Book Information

Paperback: 192 pages

Publisher: New Harbinger Publications; 1 Workbook edition (May 3, 2006)

Language: English

ISBN-10: 1572244097

ISBN-13: 978-1572244092

Product Dimensions: 8.8 x 0.4 x 10.9 inches

Shipping Weight: 14.9 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (27 customer reviews)

Best Sellers Rank: #163,908 in Books (See Top 100 in Books) #35 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Pain](#) #234 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management](#)

## Customer Reviews

I have an ACT psychologist with three books coming out this year. If it weren't for him, ACT would seem Sadistic. All the workbooks of ACT that I have used are great in theory, but there is something missing in the written works: compassion for yourself. ACT comes across as "Just suck it up and do

it anyway." It doesn't give very good resources for managing the pain of depression, PTSD or fibromyalgia. I do love that there is a focus on my values for MYSELF, without any therapist's secret agenda forced on me, and so the therapy is focused on what I value and who I want to be, not my diagnosis. That's ACT's strength. The value and goal focused work is wonderful. The acceptance is great too, but if you did a DBT day program for a week or read an article on Buddhism, you already learned radical acceptance. Unfortunately, ACT in workbooks always comes across as harsh and unsympathetic. My psychologist also agrees - He teaches ACT at a psych grad school and the students even think it sounds cruel, like you just force people to do what makes them feel awful. If you have a real ACT therapist, not just a workshop attendee or book reader, ACT is great, because the "Just do it" message of ACT gets toned down with human kindness. The hopeful part of ACT - and this is why in partnership with self compassion work - is that it allowed me to live a life in spite of having severe PTSD. Instead of the epic wait most of us with any diagnosis do - searching for the CURE so we can be people again - ACT gives the tools to be a person who has a diagnosis that may or may not get worse or get better. It doesn't fix the diagnosis, it focuses on the person. For someone who has been a DSM4 diagnosis most of her life, that is awesome. So I bought this book with my new diagnosis fibromyalgia.

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