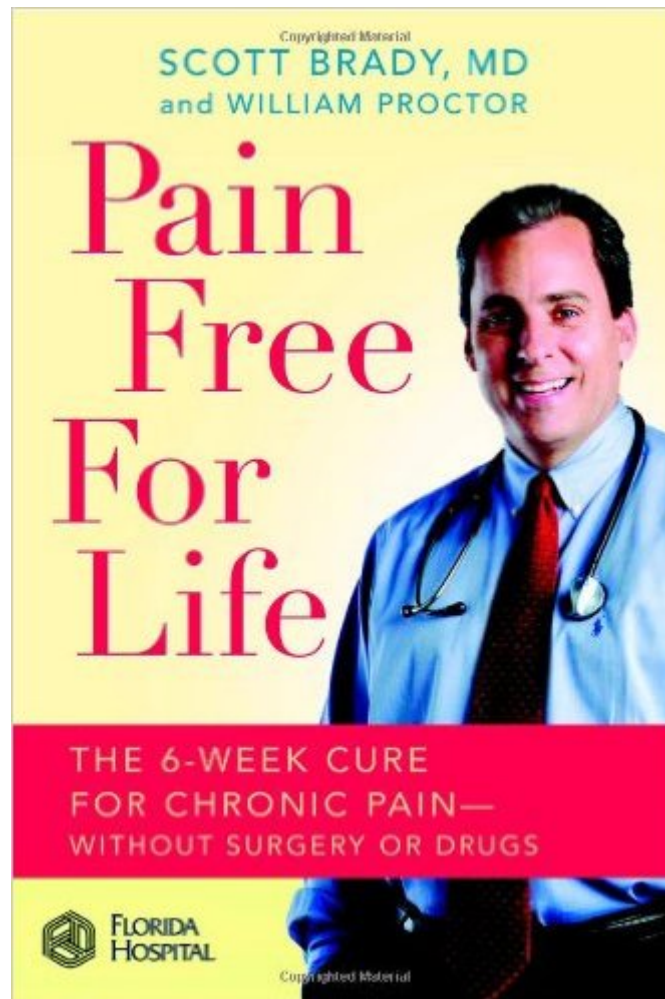


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# Pain Free For Life: The 6-Week Cure For Chronic Pain--Without Surgery Or Drugs



## Synopsis

More than fifty million Americans suffer today from chronic pain. Dr. Scott Brady was one of them. Doctors told him he would live with his back pain for the rest of his life. Having exhausted all options offered by conventional medicine, Dr. Brady overcame his pain using a mind-body-spirit approach in an incredible four weeks. In 2000, he founded the Brady Institute, where more than 80 percent of his patients have achieved 80-100 percent pain relief, without surgery or drugs. In *PAIN FREE FOR LIFE*, Dr. Brady sets a clear course for readers to diagnose what is really causing their pain - autonomic overload syndrome, which is brought on by the repression of harmful negative emotions - with profiles of pain-prone personalities and an innovative spiritual health inventory. He reveals the techniques behind his remarkably effective recovery plan, including the practice of depth journaling and prescriptions to boost the power of personal belief. Dr. Brady's approach has helped his patients overcome such conditions as chronic back pain, nagging neck and shoulder pain, migraine or tension headaches, muscle pain, irritable bowel syndrome, insomnia, and many other chronic pain-associated ailments. The principles and techniques described in *PAIN FREE FOR LIFE* will be illustrated by in-depth case studies. His proven 6-week program produces results in as little as thirty minutes a day.

## Book Information

Hardcover: 288 pages

Publisher: Center Street; 1ST edition (July 1, 2006)

Language: English

ISBN-10: 0446577618

ISBN-13: 978-0446577618

Product Dimensions: 6 x 0.8 x 9 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars - See all reviews (53 customer reviews)

Best Sellers Rank: #401,051 in Books (See Top 100 in Books) #74 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Pain #329 in Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy #488 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management

## Customer Reviews

Dr. John E. Sarno has been very successfully healing chronic pain through his mindbody treatment methods for over thirty years, and has himself written four books on the subject. Thousands of

people have been cured just from reading his books. After a fruitless search through the conventional medical establishment, Dr. Brady was, in fact, finally cured of his own serious chronic pain by Dr. Sarno, who calls the mindbody diagnosis he pioneered; TMS, or Tension Myositis Syndrome. Dr. Brady began applying Dr. Sarno's techniques successfully to his own pain patients, and expanded on them to bring in the spiritual dimension, in addition to mind and body, which is important for some patients. Dr. Brady calls his diagnosis; AOS, or Autonomic Overload Syndrome, but it is actually the same thing as TMS, packaged with a more structured 6-week plan for curing chronic pain. And he acknowledges Dr. Sarno as "my mind-body mentor. I appreciate you and am always grateful to you for showing me another way in medicine." The book is well-written, and is a welcome addition to the growing field of mindbody medicine. Anyone in chronic pain should certainly read this or one of Dr. Sarno's books before even considering surgery, which has a far less successful record of curing chronic pain. Unfortunately, most medical school students are taught to look for physical causes for physical symptoms, and thus they tend to ignore the emotional or psychological causes that are at root of the current epidemic of chronic pain. Dr. Brady has made an important contribution to overcoming this epidemic.

I checked this book out of the library and was a bit skeptical. I went straight to the program and skipped all the explanation. I decided to just sit there in the library 'talking' to my pain, and I know it sounds crazy, but it was as if someone unzipped an overtight jacket off my body! I immediately felt like this will work for me. I went home told my husband about it and just burst into tears, for joy I think. I voraciously read everything and decided I can do this. After all my 8 years of testing saying, no lupus, no RA, no, no, no! slightly herniated disc. possible whiplash at one time. blah, blah blah, and oh yes, you must have a stubborn case of fibromyalgia - and sorry, no cure. You'll always have to be careful. Now in 3 days, I can say this is going to work for me. The journaling isn't giving me any surprises but the emotion behind it has shocked me! I'm not there yet, just starting to 'unlayer the onion', but from a continual pain scale of 7 - 9 now to about 3 and I'm smiling and hopeful - that in itself is a miracle! I am ordering this book today because I already know, I won't want to turn it in at the end of my Library 3 weeks!! Try it, what will it hurt - and it could be what you need!

Those who have suffered from non-specific chronic pain for any length of time may read the title of this book and instantly classify it as fiction. Nothing could be further from the truth. The volume is easy to read, free of scientific jargon describing radical diets, supplements or other programs that are costly and difficult to administer. Contained in this volume is a simple, inexpensive, non-invasive

method to take control of one's personal pain, laid out in an easy to understand progression. If you are able to visualize and willing to take the time to be introspective; this could be the catalyst for major change in the quality of your life.

We all know when we walk in to our MD with pain, we will walk out with a pill. My husband went to a chiropractor who wanted \$5K up front to help with his pain. Fortunately we found this book for under \$20 and now he won't need a pill from an MD or a year's worth of spinal adjustments! Through his book *Pain Free For Life*, Dr. Brady takes the reader through his personal journey from incessant pain to his present state of mental, physical and spiritual wholeness. Dr. Brady outlines an easy to read step by step 6 week program to help the reader understand and overcome the destructive role of stress which manifests itself in the body as physical pain. One thing is clear after reading this book: this doctor has made a discovery that will give readers a better quality, and no doubt, a longer life. Thank you Dr. Brady for giving my husband, 57, his life back through your enlightening program.

I've known Dr. Scott Brady for fifteen years and have seen him live out his values and grow stronger in spite of setbacks. His new book is a proven method of pain management with cutting edge techniques that put you in control of a better quality of life. If you or someone you love is facing chronic pain this new approach will give you decades of research full of creative ways to find relief for about the same cost as a copayment. Check it out and then let Scott know your thoughts since he is the kind of doctor who really cares about his patients getting results.

When I heard about *Pain Free for Life* I figured I would give his method a try. After all, what did I have to lose? After a few days I have been able to stop my migraines by telling myself to relax and address my repressed emotions. What a relief! After years of migraines I now have the power to stop them from coming on! I highly recommend this book for people with migraines who would like to see the light at the end of the tunnel!

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