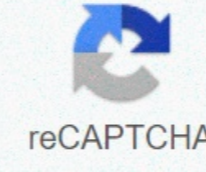




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## Howard schubiner unlearn your pain pdf

Dr. Howard Schubiner is the director of the Mind Body Program at Providence Hospital in Southfield, MI and a Clinical Professor at Wayne State University in Detroit, MI. Michael Betzold is a writer and editor, living in Ann Arbor, MI. Play in new window | Download Many of us know what it is like to fly but we don't understand how "flight" works. So when we get on an airplane we trust that the pilot does. Most of us also know how to drive a car but we don't understand the mechanics of the engine. So if we have car trouble we trust that our mechanic does. And while all us know what it feels like to experience pain... most of us don't understand how the experience of "pain" works. But, unfortunately, many of the doctors we trust to take care of us don't understand what creates "pain" either. And this causes problems. Problems like a chronic pain industry that has big profits but poor results. Problems of increasing rates of back surgeries, pain injections and prescription drugs... Yet disability rates due to pain are as high (or higher) than ever before. So when it comes to pain it is up to you to understand what pain is...and what it isn't. Because NOT understanding this can, and does, cause serious harm! Luckily there are a few physicians like Dr. Howard Schubiner out there helping patients in pain. Dr. Schubiner is a rare bird in medicine. He spends many hours with his patients. Yet he still finds time to performs studies on the treatment of pain and publish them in the scientific journals. He's authored over 60 publications and has given hundreds of lectures. He also sits on the editorial boards for several medical journals. Currently he practices at Providence Hospital in Southfield, MI where he is the founder and director of their Mind-Body Medicine Program. And in this episode of Straight Shot Health Talk we discuss how you too can "Unlearn Your Pain." Links to Dr. Schubiner's website & the non-profit TMS Wiki site: Link to Dr. Schubiner's excellent book, "Unlearn Your Pain." © 1996-2015, Amazon.com, Inc. or its affiliates Why manage your pain when you could cure it?Do you suffer from chronic pain that appears to have no medical cause? Many of us suffer needlessly from pain diagnosed as migraines, tension headaches, fibromyalgia, or chronic neck, back, abdominal, and pelvic pain, when the real cause is Mind Body Syndrome.Using cutting-edge research, this book demonstrates that the underlying reason for much chronic pain is nerve sensitization and learned nerve pathways, rather than actual tissue destruction. Dr. Schubiner has used this new understanding to develop a unique program to actually reverse pain and research studies support the effectiveness of the program. By reading this book, you'll be able to determine if you have this syndrome and then learn how to overcome it. The program in this book gives you therapeutic writing exercises, a CD with four meditations, and everything else you need to unlearn your pain.The only thing you have to lose is your pain!Reviews:"With few effective treatments for fibromyalgia, millions continue to suffer with this disorder. This book represents a holistic, practical, and effective approach to this complex disorder."--Ann Vincent, M.D., Director, Fibromyalgia and Chronic Fatigue Clinic, Department of Medicine, Mayo Clinic, Rochester, MNIf you are one of millions of people suffering from common medical problems that haven't been helped by conventional treatments, this book can help. In accessible, easy-to-understand language, Dr. Schubiner distinguishes between conditions that require surgery or drugs and those where these treatments often make matters worse. He lays out a clear, step-by-step program, supported by the latest research, which anyone can follow to free themselves from chronic pain. If you've been suffering with chronic pain, you owe it to yourself to read this book.--Ronald D. Siegel, PsyD, Assistant Clinical Professor of Psychology, Harvard Medical School, Co-author, Back Sense: A Revolutionary Approach to Halting the Cycle of Chronic Back Pain, author, The Mindfulness Solution: Everyday practices for Everyday Problems."Dr. Schubiner is a compassionate and devoted physician whose unique approach has helped hundreds of people—including many of my own patients—heal their pain and reclaim their lives. This book will give thousands more access to this revolutionary program."--Michael C. Hsu, MD, Physical Medicine and Musculoskeletal Specialist, Kaiser-Northwest Permanente, Portland, OR"Howard Schubiner's work is a tremendous advancement in the field of pain relief. His visionary thinking and comprehensive program will heal untold numbers of chronic pain patients. The book should be required reading for all patients and physicians who deal with chronic pain."--John Stracks, MD, Department of Family Medicine, Integrative Medicine Program, Northwestern University, Chicago, IL"Unlearn Your Pain explains the science behind chronic pain in a common sense way that everyone will understand. Dr. Schubiner's revolutionary program is based upon his groundbreaking research and really works. This book is the answer to your long search for the cure to your pain.--Steven Gurgevich, Ph.D., Clinical Asst Professor of Medicine, Arizona Center for Integrative Medicine, University of Arizona College of MedicineDr. Schubiner is a leader in the research and clinical understanding of the complex interaction of the body-mind continuum. This book gives the reader practical guidance of one of the most important therapies towards pain improvement and long-term relief. His wisdom and expertise is expressed in a step by step program that stimulates self-healing mechanisms. I highly recommend it.--David Rakel, MD, Founder and Director, University of Wisconsin Integrative Medicine University of Wisconsin School of Medicine and Public HealthAbout the Author:Dr. Howard Schubiner is board-certified in pediatrics, adolescent medicine, and internal medicine and is the director of the Mind Body Medicine Center at Providence Hospital in Southfield, MI. He is a Clinical Professor at Wayne State University School of Medicine and is a fellow in the American College of Physicians, the American Academy of Pediatrics, and the Society for Adolescent Medicine. He has authored over 60 publications in scientific journals and books and has given over 250 lectures to scientific audiences regionally, nationally, and internationally. Dr. Schubiner has consulted for the American Medical Association, the National Institute on Drug Abuse and the National Institute on Mental Health. He is also a senior teacher of mindfulness meditation. He has been included on list of the Best Doctors in America since 2003. Dr. Schubiner lives in the Detroit area with his wife of 26 years and has 2 children in their early 20's. Page 2 Unlearn Your Pain: A 28-Day Process to Reprogram Your Brain, Third Edition(ISBN: 0984336745) has been added to your cart... To view your cart, click here. To go to the homepage, click here.To go back to the page you were browsing on, click here. howard schubiner unlearn your pain pdf. howard schubiner unlearn your pain book

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