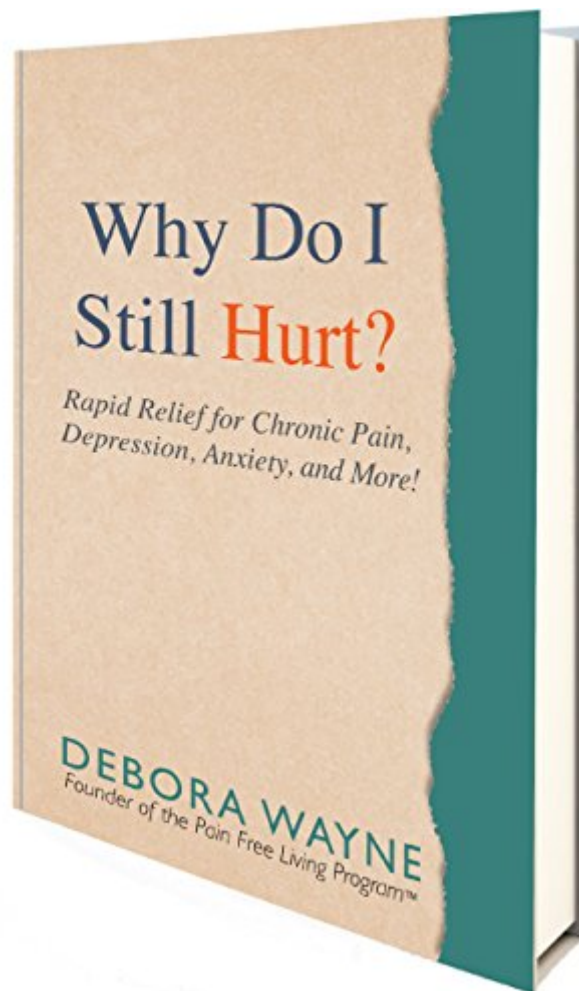




The book was found

Why Do I Still Hurt?: Rapid Relief For Chronic Pain, Depression, Anxiety, And More !



Synopsis

In "Why Do I Still Hurt ?" author Debora Wayne, founder of The Pain Free Living Program will show you why thousands of her past clients have reported complete and total healing from Chronic Pain, Depression, Anxiety, Fibromyalgia, Arthritis, Digestive Disorders, Trauma, and so much more, even when nothing else worked ! Discover reasons for your pain and symptoms that are hidden from your view and that don't show up on medical tests. Finally stop the pain of worrying and trying to figure out solutions on your own. Find answers, and new solutions that work, and get your energy and life back on track!

Book Information

File Size: 1836 KB

Print Length: 86 pages

Simultaneous Device Usage: Unlimited

Publication Date: March 9, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01965QGOS

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #270,877 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #11

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Irritable Bowel Syndrome #26 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Breast Cancer #27 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Respiratory

Customer Reviews

A well written book that looks at chronic pain through an empowering lens. Will definitely be applying some of these techniques in my clinical practice. Appreciate Deborah Wayne's thoughtfulness and thoroughness.

A fresh way at looking at pain that can change your life quickly - a bargain at any price!

Debora Wayne has written a book that is not afraid to ask patients to be present and to switch from a paradigm where patients are told what to do and what to take for their pain, to a point where the patient does the healing, the patient is the active participant. It is clear to me that this is how we physicians should be practicing medicine and that we lost this somewhere along the way. Wayne's book is a wake up call to the medical world that we need to get back to our roots

I love this book and Deborah's work because not only has she lived it and healed herself but her approach makes sense and is not only doable but will transform you to experience living pain free through her methodology. It's an entire holistic approach, addressing the root causes and simple steps to heal them for good. I will recommend this to my clients.

This book provided me with rapid relief not only from my pain but also eased my anxiety, stress and depression. It is simple to read and easy to apply to my busy life. This is the solution I have been waiting for! I have shared it with my friends who struggle with pain and they have ALL had similar success. I am so grateful for finding this work. Thank you Debora Wayne! This is a must read for anyone with pain or anxiety!

Debora Wayne does an outstanding job at explaining the relationship between emotional and physical pain in this book. She delivers hope and solutions for anyone who is ready for true healing. Deborah successfully lays out simple and easy protocols that anyone can implement. I can't wait to recommend this book to my friends who struggle with chronic pain and emotional distress! This short book is a must read for anyone dealing with pain and depression.

This "book" only has five short chapters, so it should be considered an eBook rather than a book. It contained some information about the mind/body/spirit correlation, especially when it comes to disease, but does not contain any real earth shattering, or new information. In my opinion, this should be an eBook offered for free on Deora's website in exchange for subscriptions, NOT sold as a "Book". I would not have purchased this had I known what it's contents contained. Debora is an extraordinarily talented woman with an amazing spiritual healing gift that I have experienced first-hand. Unfortunately her programs are fairly expensive, and I had hoped this "book" was her way of offering the introductory live program in a cheaper written form for those who may not be

able to afford the live programs. Needless to say, upon completion of the "book", I was very disappointed. This book basically gives you some background history of Debora, and how she connected to her healing gift, along with a very limited amount of scientific and personal findings from over the years. Each chapter shares the link for a free two hour conference that introduces her work through sharing some teachings and a short biofield healing experience, along with a Q&A and/or short one-on-one individual experiences to introduce those in attendance with her work, and offer her live introductory program for sale.

Pain can be incredibly debilitating and yet such a common symptom of so many chronic conditions, yet you'd be surprised how many simple nutrition and lifestyle changes can help you by leaps and bounds. Debora Wayne is a thought-leader in our field of energy medicine, offering examples and education throughout this book to light the path to your pain-free life. I cannot recommend her work enough!

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Why Do I Still Hurt?: Rapid Relief for Chronic Pain, Depression, Anxiety, and More ! Depression: The Depression Cure: The 11-Step Program to Naturally Beat Depression For Life (depression cure, depression books, depression and anxiety, ... emotional intelligence, mood disorders) Depression Treatment Naturally & Depression Self Help: 21 Non-Medical Depression Cures To Stay Happy For Life (depression cure, postpartum depression, ... depression self help, depression free) Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) Knee Pain: Treatment for beginners - 2nd EDITION UPDATED & EXPANDED - Knee Pain Relief, Cure and Exercises to overcome your knee problems (Knee Problems - Knee Pain Cure - Knee Hurt Book 1) Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Classification of Chronic Pain: Descriptions of Chronic Pain Syndromes and Definitions of Pain Terms Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) The Sexy Women and Pinup Girls Coloring Book For Adults: Adult Coloring with Erotic Illustrated Drawings of Beautiful Women (Art Therapy for ... Relief, Relief from Anxiety and Depression) Postpartum Depression Cure: The Self-Help Guide To Overcome Depression After Childbirth (Post partum anxiety, Post partum weight loss, Post partum depression) Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ (Separation Anxiety Disorder | Separation Anxiety in

Children or Toddlers) Why We Hurt: A Complete Physical & Spiritual Guide to Healing Your Chronic Pain Why Does Mommy Hurt?: Helping Children Cope with the Challenges of Having a Caregiver with Chronic Pain, Fibromyalgia, or Autoimmune Disease Quiet Your Mind and Get to Sleep: Solutions to Insomnia for Those with Depression, Anxiety or Chronic Pain (New Harbinger Self-Help Workbook) Reflexercise: Train Your Brain to be LESS Reactive to Stress, Anxiety, Chronic Pain, Depression, Trauma and PTSD Right from Home 3 Minutes to a Pain-Free Life: The Groundbreaking Program for Total Body Pain Prevention and Rapid Relief Brain Inflammation in Chronic Pain, Migraine and Fibromyalgia: The Paradigm-Shifting Guide for Doctors and Patients Dealing with Chronic Pain (Inflammation Mastery & Functional Inflammalogy) Yoga for Pain Relief: Simple Practices to Calm Your Mind and Heal Your Chronic Pain (The New Harbinger Whole-Body Healing Series) The Tapping Solution for Pain Relief: A Step-by-Step Guide to Reducing and Eliminating Chronic Pain Beginner's Guide to Sciatica Pain Relief: A Concise Guide to Pain Relief & Spinal Cord Anatomy

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