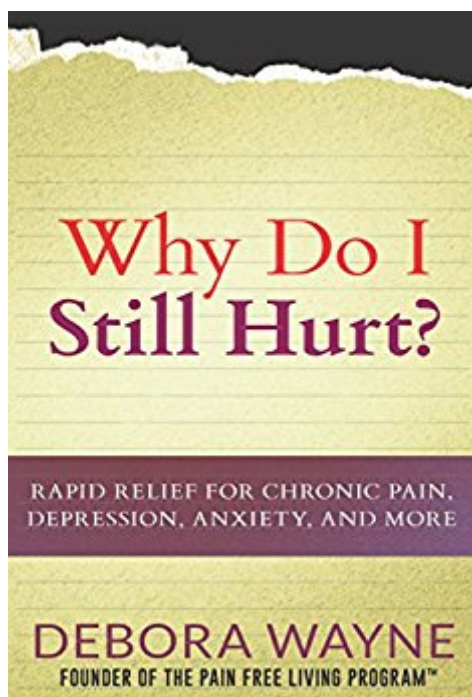


The book was found

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

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Diseases & Physical Ailments > Respiratory #29 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lung & Respiratory Diseases

Customer Reviews

If you are ready to understand your pain and are suffering emotionally or physically, you will find great value in this book! For 24 years I have been treating patients who hurt, and I appreciate the fresh perspective and solutions Deborah Wayne offers in this book. The personal transformation stories from hurting to feeling good again were inspiring! Read this book if you still hurt!

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!

This is an excellent explanation and process to connect the pain to your emotions and then let it go! A little deep read, you must read it more than once to get any firm results.

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