



Beyond Your Body: Pathways to Healing Chronic Pain Conditions

Gaile Sprissler PhD

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Humans control their health, or the course of their disease without really knowing that they do. Learn how to recognize and use control over illness. Beyond Your Body demonstrates the effect of negative thoughts and emotions that produce harmful chemicals at a cellular level, and the effect of positive attitude changes to elicit healing chemicals to our cells. Not only can we prevent illness, but often we can improve or even heal an existing condition. The theories and techniques explored in this book are just a few chosen from the emerging fields of mind-body healing. They were chosen because of their success and provide some options for patients suffering with chronic painful conditions. As a practitioner, caregiver or patient you will gain insight into what conditions set us up for disease and chronic conditions, as well as consideration of the paths to healthier living. This book discloses a study conducted on women with fibromyalgia. The narratives of these women reveal some success over their condition, proving the power of self-healing and giving hope to many others still searching for a solution while living with painful chronic conditions.

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