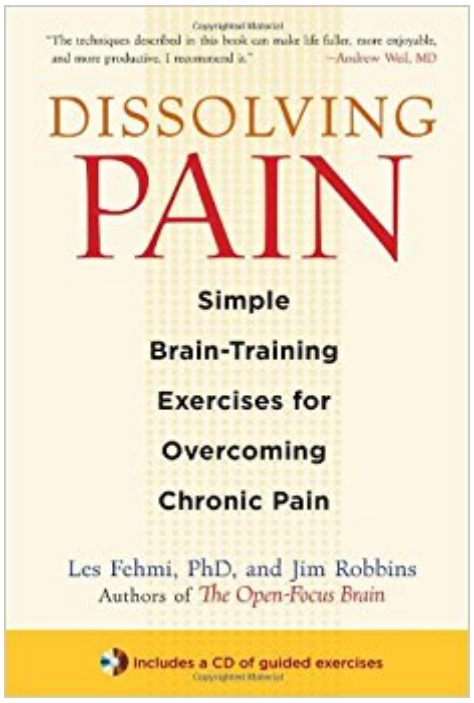
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Dissolving Pain: Simple Brain-Training Exercises For Overcoming Chronic Pain



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Synopsis

For four decades, Dr. Les Fehmi has been a leader in brainwave biofeedback (also called neurofeedback), training individuals how to balance and regulate their brainwave patterns to improve mental, emotional, and physical health. Dissolving Pain is based on the premise that although pain is perceived to exist in a particular part of the body, pain in fact resides in the brain. Dr. Fehmi shows us that it is possible to learn to resolve pain at the brain level, using simple attention exercises. Drawing on scientific research, Dr. Fehmi explains how to quiet the pain signal in the brain, empowering readers to free themselves from many forms of pain and discomfort. Included with the book is a 65-minute audio CD in which Dr. Fehmi guides listeners through the fundamental Dissolving Pain exercises. To learn more, visit openfocus.com.

Book Information

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Customer Reviews

Ã¢â ¬Å“The techniques described in this book can make life fuller, more enjoyable, and more productive.Ã¢â ¬Â•Ã¢â ¬â •Andrew Weil, MD Ã¢â ¬Å“These mental techniques help you to experience your body and even your heart in a new way.Ã¢â ¬Â•Ã¢â ¬â •Publishers Weekly Ã¢â ¬Å“Try it. It works.Ã¢â ¬Â•Ã¢â ¬â •Martha Beck, O Magazine Ã¢â ¬Å“Dissolving Pain is rich with scientific information but presented in understandable terms. The series of exercises are straightforward and easy to follow.Ã¢â ¬Â•Ã¢â ¬â •New Age Retailer Ã Â Ã¢â ¬Å“A revolutionary technique based on well-researched brainwave feedback. This valuable resource offers insights into understanding how pain resides in the brain and how to quiet it.Ã¢â ¬Â•Ã¢â ¬â •ForeWord Reviews

This Week

Jim Robbins is an award-winning journalist and science writer, with frequent contributions to the New York Times, Smithsonian, Scientific American, Discover, and Psychology Today. In connection with his reporting, he has appeared on ABCÃ¢â ¬â„¢s Nightline and on NPRÃ¢â ¬â„¢s All Things Considered and Morning Edition.

I am a therapist who uses Neurofeedback and Biofeedback in my clinical practice. The author of this book is highly respected in this field and I have benefited from many of his other books. Dissolving Pain has also been very helpful to me as a practitioner, but I'm not sure how useful it would be to my clients if I just had them read it without some guidance and without helping them find a way to tailor the exercises to fit into their lives - most people simply don't have the time to do these exercises as they are presented in the book. I think that overall - this book is great for people who are familiar with neurofeedback but will be a challenge for those who are new to the method or who don't have therapist support.I liked the way the book was written - easy to follow and well laid out.

Les Fehmi and Jim Robbins have written a book that gives the brain research behind having the ability to train your brain to get rid of pain. They also have a series of exercises that take you through this process. I have been successful, it just takes so much work. I see the promise in it as I've experienced it, my pain level can be intense so it might take a long time. It is very tiring.

I don't really understand how or why this works, but I have had terrible back problems and using the exercises has actually given me some pain free days. My back will never be perfect and I do all sorts of other things to help it, but this is good for me, and helps me relax and go someplace else in my chattering head that seems to renew and refresh and more importantly it actually works when I do it...still have problems with that piece of the treatment!

I purchased this for a family member and they have reported outstanding success using the techniques outlined in this book. It has been extremely effective in reducing the amount of pain and teaching new techniques for pain management. The strength of your mind can overcome pain in its worst form! Try it!

My son suffers from severe chronic pain from migraines. He had learned many autogenic

techniques (self hypnosis, etc.) that allowed him to escape the pain, but he couldn't function in school while using them. He was able to learn the open focus techniques from the book to allow him to essentially meditate and function at the same time. He then worked with his pain therapist to practice them. You can access voice recordings to help guide you linked through the book. It does take a lot of practice and is very effortful to start with. However, the techniques were clearly described and are not magical - they're based on using particular visualizations to stimulate particular brain areas. No pain meds work on my son, so these techniques have been invaluable to him. I urge EVERYONE to learn them - particularly in conjunction with a skilled pain therapist. But it's like learning the violin - it takes serious daily practice. And it's hard to learn when you're in a lot of pain because you have to concentrate. I encourage people to practice when they're feeling their best, not their worst. And practice them in short bursts with your full concentration. Then as you become more skilled, you'll be able to use them when in more and more pain. With practice the techniques become second nature. I do not think he would have gotten through the last few years without them.

Basically the same info as "Open Focus Brain".

The exercises and explanations are really beneficial. There is no downside. These exercises are dissolving the pain caused by my arthritis. And much more effective than medication without the dangers. All you risk is the price of the book.

I have just started to listen to the procedure. It sound like what I am looking for at this time. I thought it to be what I need right now

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