

## **A Lasting Solution for Persistent Pain**

I wrote [Hypnotize Yourself Out Of Pain Now!](#) for people who have tried everything to get their persistent pain to leave. In this book, I have compiled many techniques for helping people in pain regain control over their pain and diminish the suffering element.

Self hypnosis is the best non-drug remedy for relieving pain that won't go away. I use it myself because I have chronic pain (secondary to fibromyalgia, chronic fatigue, spinal disease and arthritis).

The book clearly explains what HYPNOSIS is and what it is NOT. Readers are guided to choose the right self hypnosis method for them. Self-hypnotic pain coping methods covered include: Deep relaxation, De-catastrophizing, Direct behavior modification, Distraction, Distortion of pain sensations, and Dissociation from pain. These comprise what I call the "Six D's" of pain management.

To my knowledge, this is the first self-help book devoted solely to self hypnosis for pain management. The goal is NO MORE PAIN. The method is self-hypnosis. The result is less pain and less suffering. The bottom line is that if you have a chronic disease, "pain may be mandatory, but suffering is optional".

This book can be used with or without the help of a therapist.