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Effortless Pain Relief A Guide

Effortless Pain Relief presents a unique mind-body program for overcoming chronic pain, developed by acclaimed alternative health-care practitioner Dr. Ingrid Bacci. In Effortless Pain Relief, you'll find a simple explanation of how stress creates chronic pain, along with clear, simple, and powerful self-help techniques for reducing and even eliminating pain.

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body program for overcoming pain, identifying key causes of pain while outlining a course of muscle relaxation, stress management, and emotional ...

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Effortless Mindfulness for Pain Relief - Sounds True

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