

Vidyamala Burch *and* Danny Penman

USING MINDFULNESS  
TO RELIEVE PAIN,  
REDUCE STRESS, AND  
RESTORE WELL-BEING

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AN  
8-WEEK PROGRAM

INCLUDES  
MEDITATION CD

# YOU ARE NOT YOUR PAIN

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"This book provides an extremely effective and elegant mind-body approach to healing for people dealing with the potentially hugely eroding effects of chronic pain and illness in their lives." —JON KABAT-ZINN, author of *Full Catastrophe Living* and *Wherever You Go, There You Are*

# Resumo de You Are Not Your Pain: Using Mindfulness to Relieve Pain, Reduce Stress, and Restore Well-Being--- An Eight-Week Program

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