Nearly 20 per cent of people in the UK suffer from chronic debilitating symptoms that respond only partially to conventional medical treatment. Discomforts such as fatigue, insomnia, headaches, weak muscles, acid indigestion, and bloating cost the nation hundreds of pounds in health care expenses and lost productivity. Until now, no other book has relied on scientific evidence to provide a mind-body treatment specifically proven to ease the pain and distress of any chronic symptom. Based on over 20 years of clinical experience, scientifically tested at Harvard Medical School, and studied via a grant from the National Institutes of Health, the authors have developed a set of essential skills for overcoming the symptoms of chronic illnesses of every kind. The treatment is unique, powerful, and simple to learn. Readers are taught to stop worrying about being sick, and to start thinking about living well. This involves mastering the five psychological factors that make chronic symptoms persist. In a few short weeks, symptoms that have plagued so many for so long can be significantly relieved.

Features:

My Personal Review:
This is a wonderful addition to the literature on anxiety and chronic illness. The wisdom here is invaluable, and it is expressed in such a way that I think people with these kinds of chronic symptoms can't help but recognize their own thought patterns here.
I loved all of the experiences of real people that are included, and the author's writing style is accessible as she talks about what we can learn from each experience of chronic symptoms or anxiety, and how to change.

I have two close friends who I will be recommending the book to, as I see so many of their experiences reflected here, and the author shows wonderful common sense and understanding towards the people suffering with these problems.

For More 5 Star Customer Reviews and Lowest Price:
Stop Being Your Symptoms and Start Being Yourself: The 6-Week Mind-Body Program to Ease Your Chronic Symptoms by Emily C. Deans - 5 Star Customer Reviews and Lowest Price!