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from Effortless Pain Relief: A Guide to Self-Healing from Chronic Pain Ingrid Bacci Ph.D., Author of Effortless Pain Relief “What we have learned is that the most important thing to help [us] move beyond our trauma is the capacity for imagining other realities.”

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In this video below, join me as I guide you through this practice of using effortless mindfulness to help you be present and work with your pain for lasting relief. This is an excerpt from *The Way of Effortless Mindfulness: A Revolutionary Guide for Living an Awakened Life* by Loch Kelly.

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Effortless Pain Relief: A Guide to Self-Healing from Chronic Pain [Ingrid Iorch Bacci] on Amazon.com. \*FREE\* shipping on qualifying offers. Contrary to popular belief, the most frequent causes of neuromuscular, joint, or skeletal pain can be traced to your lifestyle: unconscious habits that involve the way you breathe

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Effortless Pain Relief is both an unusual and a really important book. It has a revolutionary and very effective

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approach to helping you heal yourself from chronic pain - back, neck or shoulder pain, fibromyalgia, arthritis, etc.

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