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# **PAIN: SOFTENING THE SENSATIONS -- Deep Relaxation/Meditation, Guided Imagery Affirmations Proven To Relieve, Reduce, Manage Chronic And Acute Pain ... CD/Booklet) (Relax Into Healing Series)**





## Synopsis

This pain management CD has been proven effective in its use in pain clinics and other clinical settings, as well as by countless individuals dealing with various types and intensity levels of pain. In a relaxed state, the experience of pain is reduced by the body's production of endorphins, nature's own pain relievers. The processes on this award-winning guided imagery CD help you reduce pain or discomfort by letting go of tension, resistance, fear, frustration and anger, and learning to "soften the sensation," receiving it as a communication from your body. The power of guided healing visualization and positive healing affirmations, combined for holistic mind-body healing, cannot be overstated. Whether mild or severe, chronic or acute pain, these simple mind-body healing techniques that are not only soothing, but scientifically sound combined with the incomparable healing power of Love, can make a tremendous difference in managing any sort of pain. Many find this CD to be their most effective chronic pain treatment. Sometimes called "self-hypnosis" for pain, these powerful guided imagery/visualization and positive affirmation processes can reduce pain anxiety, and help with: \* Post-operative pain relief\* Migraine relief\* Arthritis pain relief\* Natural back pain relief\* Fibromyalgia pain relief\* Muscle pain relief\* Joint pain relief\* Sciatica pain relief\* Gout pain relief\* Cancer pain relief...or any other type of chronic or acute pain, including emotional pain of loss or trauma. As thousands of listeners have experienced, Nancy masterfully provides a variety of techniques that create powerful, immediate results. Her incredibly soothing voice and compassionate guidance make this award-winning, 74-minute recording and accompanying booklet a must for anyone who is seeking effective, natural, acute or chronic pain relief. NOTE: This recording is available upon special request without harp accompaniment for those who prefer no additional aural stimulus (e.g., migraine sufferers). Please contact Nancy Hopps or Relax Into Healing for more information.

## Book Information

Series: Relax Into Healing Series

Audio CD

Publisher: Synergistic Systems; Audio CD with 16-page booklet edition (September 18, 2006)

Language: English

ISBN-10: 0978598547

ISBN-13: 978-0978598549

Product Dimensions: 0.3 x 5 x 7 inches

Shipping Weight: 3.2 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #443,811 in Books (See Top 100 in Books) #38 in Books > Books on CD > Health, Mind & Body > Fitness #188 in Books > Books on CD > Health, Mind & Body > General #460 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management

## Customer Reviews

ENDORSEMENTS FROM LEADERS IN THE FIELD "Nancy's work is very impressive. Material of this quality and integrity is rare. I recommend it highly." Jack Canfield, author of *Chicken Soup for the Soul* and *The Success Principles: How to Get from Where You Are to Where You Want to Be* "Nancy's CDs are well-done self-help tools for relaxation, affirmation, and healing... (and Nancy, keep on inspiring life!)." Bernie Siegel, M.D., author of *Love, Medicine and Miracles* and founder, ECaP (Exceptional Cancer Patients) Center "I highly recommend Nancy's work as an excellent foundation for health and healing. Her warm, soothing voice, the peaceful music, and the skillful suggestions make her guided relaxation and imagery CDs among the very best." Joan Borysenko, Ph.D., author of *Minding the Body*, *Mending the Mind*, and *Fried: Why You Burn Out and How to Revive* --. ENDORSEMENTS FROM THE MEDIA "Nancy Hopps has the perfect relaxation voice to lead you into what could be the best moments of your day. Nancy's clear, comforting voice teaches you how to relax through a variety of breathing, sensory, and imagery techniques, with positive affirmations. The music sets just the right tone to zone into relaxation mode." NAPRA ReView "Proven de-stressors...." Redbook Magazine "Nancy Hopps has a steady, reassuring style that encourages the listener to trust the innate wisdom of the body and breath." Yoga Journal "Nancy Hopps' recordings are a must if you're serious about relaxing, healing, and affirming your inner being. They are unique and beautifully done." Magical Blend Magazine --.

NANCY HOPPS is an award-winning, internationally recognized author and speaker, a heart-centered healing and performing artist. Her *Relax Into Healing* series of audio recordings has profoundly benefited thousands of listeners worldwide in home, hospital, and other healing settings. Nancy brings more than 30 years of professional experience in mind/body/spirit healing, along with a wealth of personal insight, to her highly acclaimed recordings and live presentations. She is a cancer survivor whose private client work addresses a range of issues, from general stress management and anxiety to more specific issues such as anorexia, RSD/CRPS, chronic pain, cancer, and depression, as well as life coaching and spiritual mentoring. Nancy developed and recorded the relaxation segments for the interactive CD, *Living With Breast Cancer* (funded by the

National Cancer Institute), as well as Coping With Depression and mPower Wellness Workshop, funded by the National Institute of Mental Health. She was instrumental in developing and implementing the stress-management elements of an NIH-funded project that studied the effects of lifestyle changes on post-menopausal women with Type 2 diabetes. Through her warm, accessible style, Nancy continues to touch many lives in nurturing, powerful, and often life-changing ways via her live presentations, individual healing work, and highly effective recordings. Her award-winning Relax Into Healing™ series is praised by leaders in the field of mind/body/spirit healing and has received acclaim from publications ranging from Reader's Digest to Yoga Journal.

Excellent CD.

I love it! I love all of Nancy Hopps' "Relax... CD's

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PAIN: SOFTENING THE SENSATIONS -- Deep Relaxation/Meditation, Guided Imagery Affirmations Proven to Relieve, Reduce, Manage Chronic and Acute Pain ... CD/Booklet) (Relax Into Healing Series) DEEP HEALING SLEEP CD: Deep Relaxation, Guided Imagery Meditation and Affirmations Proven to Help Induce Deep, Restful Sleep Guided Meditation: 30 Minute Guided Meditation for Sleep, Relaxation, & Stress Relief ((Self Hypnosis, Affirmations, Guided Imagery & Relaxation Techniques) HEALING AFFIRMATIONS & HARP: Soothing and Scientifically Sound Positive Affirmations for Self-Healing (AWARD-WINNING CD/Booklet) (Relax Into Healing Series) Mindfulness Meditation for Beginners: Learn to Meditate and Become More Mindful with Guided Meditation, Self Hypnosis, Affirmations, Guided Imagery and Relaxation Techniques Emotional Healing, Heal the Pain from Your Past: Sleep Learning, Guided Meditation, Affirmations & Relaxing Deep Sleep Stress Relief, Anxiety Self Help, and Deep Relaxation Guided Meditation and Affirmations: Sleep Learning System Overcome Panic & Anxiety Guided Self Hypnosis: Deep Relaxation, Release Stress & Worry With Bonus Meditation & Affirmations - Anna Thompson Guided Meditation: 30 Minute Guided Meditation for Sleep, Relaxation, & Stress Relief Bedtime Affirmations: Positive Daily Affirmations to Aid You Take a Peaceful Sleep Free of Worries Using the Law of Attraction, Self-Hypnosis, Guided Meditation and Sleep Learning Be Great at Sales Affirmations: Positive Daily Affirmations to Help You Become a Great Salesman and Attract More Prospects Using the Law of Attraction, Self-Hypnosis, & Guided Meditation Quit Eating Junk Food Affirmations: Positive Daily Affirmations for Junk Food Savvies to Stop the Intake of These Products Using the Law of Attraction, Self-Hypnosis, Guided Meditation Crystals: Crystal Healing For

Beginners, Discover The Healing Power Of Crystals And Healing Stones To Heal The Human Energy Field, Relieve Stress and Experience Instant Relaxation !-THIRD EDITION- The iRest Program for Healing PTSD: A Proven-Effective Approach to Using Yoga Nidra Meditation and Deep Relaxation Techniques to Overcome Trauma The Better Bladder Book: A Holistic Approach to Healing Interstitial Cystitis & Chronic Pelvic Pain[ THE BETTER BLADDER BOOK: A HOLISTIC APPROACH TO HEALING INTERSTITIAL CYSTITIS & CHRONIC PELVIC PAIN ] by Cohan, Wendy (Author ) on Nov-09-2010 Paperback Preparing for Surgery: Guided Imagery Exercises for Relaxation and Accelerated Healing Stress-Free: Peaceful Affirmations to Relieve Anxiety and Help You Relax Sexual Magnetism, Animal Attraction & Great Sex: Sleep Learning, Guided Meditation, Affirmations, Relaxing Deep Sleep Astral Projection & Soul Travel, Learn Safe Out of Body Experience: Sleep Learning, Guided Meditation, Affirmations, Relaxing Deep Sleep Super Self-Respect, Boost Your Self-Worth & Confidence: Sleep Learning, Guided Meditation, Affirmations, Relaxing Deep Sleep

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