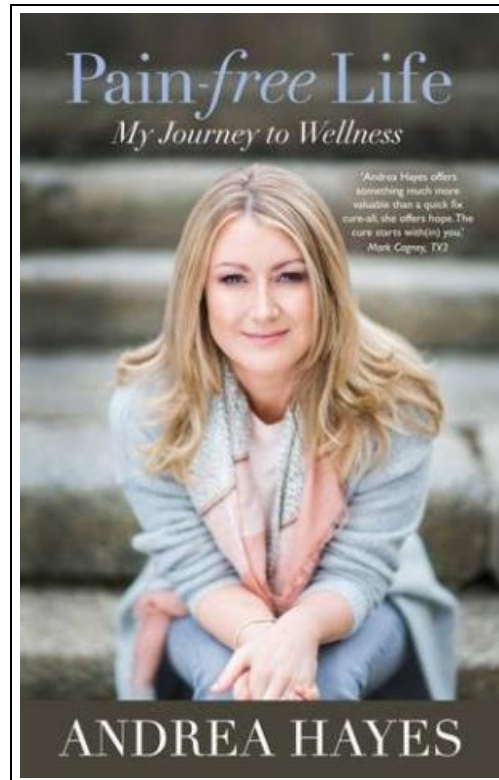


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PAIN-FREE LIFE: MY JOURNEY TO WELLNESS (PAPERBACK)



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The Mercier Press Ltd, Ireland, 2016. Paperback. Condition: New. Language: English . Brand New Book. Irish broadcaster and producer Andrea Hayes is well known to the Irish public for her positive, friendly and down-to-earth persona on television and radio. Hidden behind her smile though, is Andrea s battle with constant chronic pain. After over 20 years of unanswered questions, misdiagnosis, failed procedures and despair, the diagnosis of a rare neurological disorder, Chiari Malformation 1, in December 2013 set Andrea on a journey of wellness to become an empowered patient. Andrea s compelling and candid story is an insightful and thought-provoking read, revealing the daily struggle of life with an invisible illness and the step by step personal pain management programme she has developed in her search for a pain-free life. Trained as a clinical hypnotherapist, Andrea explores the power of the mind, and challenges the language of pain to create a positive mind set. This transformative, enlightening, and inspiring book is a must-read for anyone suffering from or affected by pain or a chronic illness. The curative relaxation hypnosis that accompanies the book is an excellent mechanism for self healing, and will also provide many more positive effects than just pain control for any daily wellness routine.



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