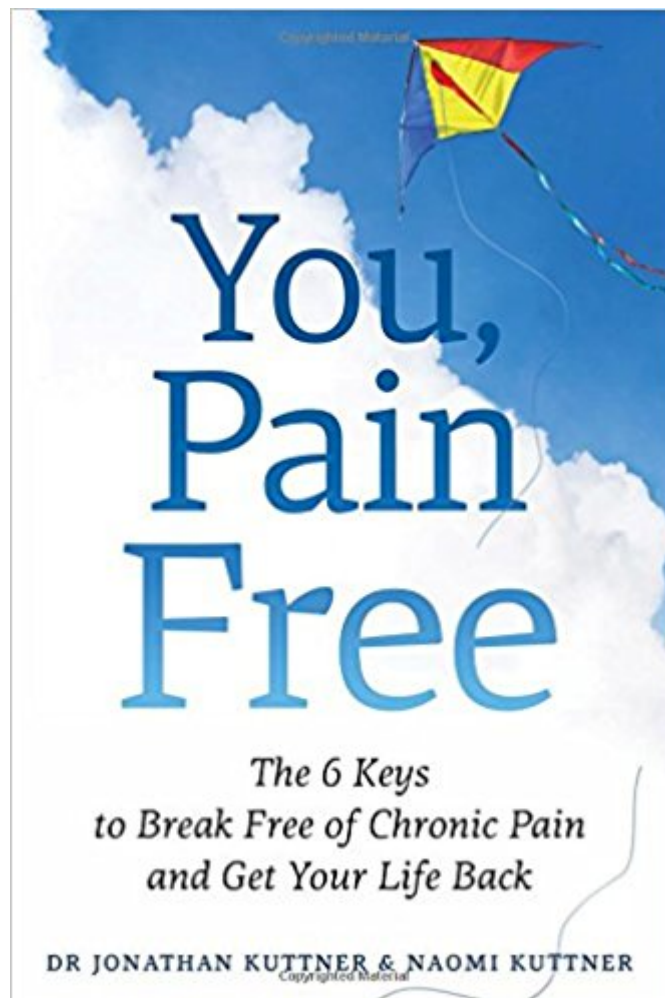




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# You, Pain Free: 6 Keys To Break Free Of Chronic Pain And Get Your Life Back



## Synopsis

A How-to guide to finally get your life back from chronic pain. With so many pain treatments available - why is it millions of people still struggle with chronic pain? Could we be missing something fundamental in how chronic pain works? Are we looking in the wrong place for solutions? This book introduces readers to the "6 Keys" model - a process to return your body to its natural pain-free mode. This step by step guide teaches: The 3 Chronic Pain Types and how to find out which one you are. Each type needs a very different approach to be treated successfully How Dr. Kuttner went from daily back pain to pain-free kitesurfing - in twelve weeks Techniques for in-the-moment pain relief you can use anywhere - at any time How to reawaken the pathways in your mind and body to turn down amplified pain Dr Jonathan Kuttner is a musculoskeletal pain specialist with over 30 years helping people in chronic pain get their lives back.

## Book Information

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## Customer Reviews

Dr. Kuttner creatively, scientifically yet pragmatically becomes that Doc whom you could never find in your pursuit of a solution to your pain. He truly has dedicated himself to guiding sufferers out of their pain, and does it aptly with understandable science, encouragement and a good measure of humor. He has walked this walk, discovered solutions and now is alongside to share not only his revelations but help you be the beneficiary as well. Quite simply: It Works! If you are willing to think a bit outside the box and be diligent. I have been quite amazed.

This book explains how and why pain turns into chronic pain, which can extend into other areas of the body, in very clear and easy to understand terms. I suffer from chronic migraines and the pain travels all down the right side of my body. No doctor has been able to explain why I get pain all down my right side up until now. Dr. Kuttner gives a lot of different techniques to try to stop chronic pain. I only just finished the book but have been trying the one I believe he calls mirroring. Basically I tell the right side of my body that it is supposed to feel like the left side of my body which is pain free and I have had some success with this. I will continue to work with this and try some of his other techniques too. I have been following Dr. Kuttner on line for several years and he has given me a lot of useful insights into pain. I highly recommend the book to anyone suffering from chronic pain or who knows someone who is.

I've been in chronic pain since October 2009, it's gotten quite a bit worse over the last 2 years. This book is giving me the tools and insights i need to find my way back to normal (for me) function. Now to just use those tools! When i apply myself i see significant change. I'm so grateful to the vision, knowledge and most of all personal experience that Jonathan Kuttner shares so willingly. Now back to work.

This is an excellent book. I wish I had all of this information put together so concisely sooner. I bought extra copies to hand out not only to friends but also to my neurologist and pain management physician. I hope it will help their practice. I am hoping that this might also help muscle spasticity as it is nerve based also. Time will tell. I am excited also to use this book to help prevent causing future patterns of pain.

This is the best book on chronic pain I have ever read. And I have now read 65 books on chronic pain. I highly recommend this loving gift to humanity. It is a short effective read with actionable steps which will greatly help people suffering pain of all kinds. Although mostly addressing chronic pain caused by conversion disorder, the author respects the whole pain community including those struggling with terminal illness and disability rooted in the physical body and not in the emotional centers of the brain. This book is an elegant introduction to a vast body of literature and scientific study and also rooted in compassionate loving kindness and respect for humanity... the human experience. This doctor sets himself apart by conveying very clearly his deep love for humanity and the entirety of the human experience which includes pain. His path to healing is one which I have personally integrated into my life and it has given me a kind of remission from stage 3 CRPS and a

lessening of my spinal cord injury. I still have these active pain generators but with these steps outlined in the book the pain is no longer emotionally charged so I experience pain but without resulting muscle tension and mental suffering. I still face an uncertain future but one where my body feels more nurtured. This book delivers a profound gift' the feeling of self-empowerment and a more gentle and loving interaction between body and mind. dr Kuttner and his remarkable erudite daughter have given us a precious gift. I will be buying many copies for my foundation to cure CRPS and would love to see the authors make a special book for our community. Together the father and daughter team have created a masterpiece with a voice resonating love and healing.

This book is a good source of basic and advanced understanding for most anyone who needs to learn about chronic pain; either their own or someone's who they care about. The explanations are written on a level that is understandable, without being simplistic. Pain that remains after there is no cause is the result of malfunctioning nerves. This book covers the specifics of the causes of chronic pain and, even more, it offers a number of ways to try to improve the chronic pain that it identifies. Even if chronic pain is not significantly helped by following the recommendations offered, the understanding of why there is chronic pain, when it seems there is no cause for it, is important to know.

I have been receiving Dr. Partner's emails for awhile and am a Huge fan of Dr. Sarno. I was very pleased to see some new takes on the Mind Body Connection and found some great new techniques I had not heard of. Thank you!

This is an excellent guide for people with chronic pain. It is so valuable in that in clearly understandable language it explains the nature of chronic pain, and very importantly, it deals with the various practices you can use to become pain free, based on the latest research, on Dr. Kuttner's own experience, and on his many years of treating patients with chronic pain. I've even ordered a copy for my regular doctor for reference in dealing with some of his patients. Dr. Kuttner's methods have certainly helped me with a chronic pain condition, and also with more immediate pain I've suffered, and I continue to be grateful for that.

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