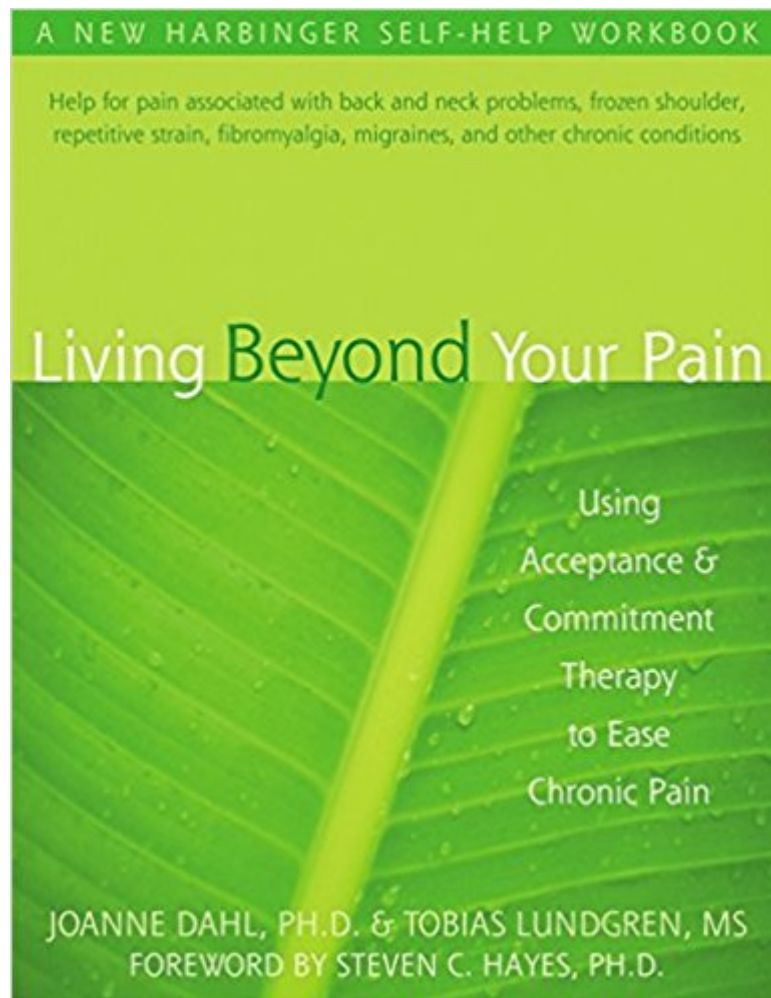




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# Living Beyond Your Pain: Using Acceptance And Commitment Therapy To Ease Chronic Pain



## Synopsis

Here is an approach to living with chronic pain unlike any youâ™ve seen before, one that breaks through pain to help you live the rich and full life you deserve. Based on acceptance and commitment therapy (ACT), one of the most promising and fastest growing psychotherapies in use today, this book breaks with conventional notions of pain management, the traditional âœfeel goodâ• approachesâ™including the use of pain-killing medicationâ™that work to prevent painful sensations. But the ACT approach to living with pain is different. It helps you recognize pain as an event in your life that doesnâ™t need to interfere with the way you live. In fact, attempts to avoid pain can often cause more harm than good, both to your body and to your peace of mind. By accepting and learning to live with pain, you can limit the control it exerts over your life. Mindfulness exercises, in particular, can help you transform pain from a life-defining preoccupation to a simple experience. From this strong position, you can make choices that will lead you to the life youâ™ve always wanted. Committed action is the way to make it happen. Use this step-by-step program to:

- Discover why painkillers are not the answer
- Clarify what you value and how you want to live your life
- Stop your thoughts from holding you back
- Develop mindfulness skills to keep pain in perspective
- Commit to meaningful actions that lead to richer, more fulfilling experiences

## Book Information

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## Customer Reviews

âœChronic pain is like a weed that can take over the landscape of your life if you let it. Yet, it doesnâ™t have to be this way. This remarkable and beautifully written book offers a fresh approach to a life defined by chronic pain and its management. Readers will learn how to get out of

a life consumed with pain and pain management and back into a life where pain takes a backseat. This book, filled with many well-crafted examples and exercises, will teach you skills that will help you learn to be with your pain and live a vital life. You will learn how to bring compassion and acceptance to your pain and hurt while engaging in actions that you care deeply about. This book is a vital resource for those suffering from chronic pain, their loved ones, and professionals who work to help people who are stuck and suffering in a cycle of pain and misery. • "John P. Forsyth, Ph.D., associate professor of psychology and faculty director of the Anxiety Disorders Research Program, State University of New York at Albany

Using mindfulness-based techniques and cognitive behavioral tools, a leading expert on the use of acceptance and commitment therapy (ACT) teaches readers to transcend the experience of chronic pain by reconnecting with other, more valued aspects of their lives.

This book was suggested by therapist. Only problem is that it only works for so long before your body gives out. I had been using this for 23 years before I was no longer able to live as though I wasn't sick. You can only lie to others as long as you can physically keep up appearance convincingly. When it is no longer possible to stop yourself from falling, or your kidneys fail, or you can't walk anymore it does no good to pretend because you can't fool anyone anymore. And then you are left with the disease and the different way people look at you. When I could no longer do this, I was sent to the therapist who simply told me I should ignore medical advice not to drive and to continue to attempt to do things that I was physically unable to do and could cause further damage in doing so. The technique does work but it isn't safe for you or others around you to follow this method beyond the limits of your body. I was told this would stop me from being depressed. Acceptance is often harder for those around you than for yourself. Friends and loved ones don't always understand that things will change as your illness and pain become more unmanageable. They will interpret your frustration as depression simply because you cannot participate in the activities as you once did. This not a happy time, but they need to go through the stages of grief as well. I was happier when able to do this. I am still struggling with being happy in my diminished condition. But that will struggle will not end and it is important to understand that .

Living with chronic pain of any kind is a unique and challenging lifestyle. This book was recommended to me by my current psychologist, who performs her Therapy via the ACT model; Acceptance and Commitment Therapy. This book teaches kindness and acceptance of the

inevitable pain that comes with chronic conditions and illnesses, which has allowed me and those in my life to face and respect the daily pain I suffer from, rather than battling it."Pain is like quicksand; the more you struggle, the deeper it pulls you in and envelops your life... However, if you work with your pain, similar to calmly splaying your entire self atop a pit of quicksand, you learn to wade atop its entirety while touching it with every fiber of your being. You work with the quicksand, and comprehend it. Struggling makes things worse. Accepting it, however, elevates you completely."I highly recommend this book for those suffering from chronic pain of any kind, as well as those who may have a loved-one suffering from chronic pain. This book is informative and, more importantly, liberating.

I am so upset that I was stupid enough to think that this book would help me. I think that the authors have never experienced chronic pain. It infuriates me that they say that the pain is not the problem, the perception is. They also mentioned that there are enough different types of medication to get you through your day without pain. I beg to differ. You can't do this at all. If you have enough pain meds to treat your pain during the day, the nighttime sleep will severely be interrupted. I hope I save one person from buying this book. I wish I had the email address of Ms. Dahl and I would tell her myself. There is a huge problem with chronic pain. The problem is the medical profession can't figure out how to treat it.

The words of wisdom in this book are almost verbatim from Alcoholics Anonymous. The big book or text for AA has many peaks of wisdom for coping with a not so perfect life. This book parallels AA. I was expecting to find something new. The only original idea I found was to use AA's proven steps for pain control.

Good book, easy reading with a lot of information.

Great book. I was ran over by a semi truck 2 years ago and suffer from chronic pain. This book really helped me understand my pain and how to deal with it, without letting it destroy my life. Very helpful. Definitely recommend.

Very helpful book for those in chronic physical or emotional pain. A new approach but one that helped me a lot. At times I disagreed and even resisted some of what was written, but as I did the exercises and got more in to it, it helped me.

I am about to finish this book and have used it to work with my care provider to accept my chronic pain. This book has been a life saver and helped me understand many of the emotional and psychological roots to my pain that have interfered with my accepting my pain. I do believe it is important to work with a care provider to do this work.

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