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Freedom from Pain: Discover Your Body's Power to Overcome Physical Pain

Peter A. Levine Ph. D., Maggie Phillips

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If you are suffering chronic pain—even after years of surgery, rehabilitation, and medication—only one question matters: How do I find lasting relief? With *Freedom from Pain*, two pioneers in the field of pain and trauma recovery address a crucial missing factor essential to long-term healing: addressing the unresolved emotional trauma held within the body.

Informed by their founding work in the Somatic Experiencing® process and unique insights gleaned from decades of clinical success, Drs. Levine and Phillips will show you how to:

- Calm the body’s overreactive “fight” response to pain
- Release the fear, frustration, and depression intensified by prior traumas, and build inner resilience and self-regulation
- Relieve pain caused by the aftermath of injuries, surgical procedures, joint and muscle conditions, migraines, and other challenges

Whether you’re seeking to begin a self-care strategy or amplify your current treatment program, *Freedom from Pain* will provide you with proven tools to help you experience long-term relief.

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