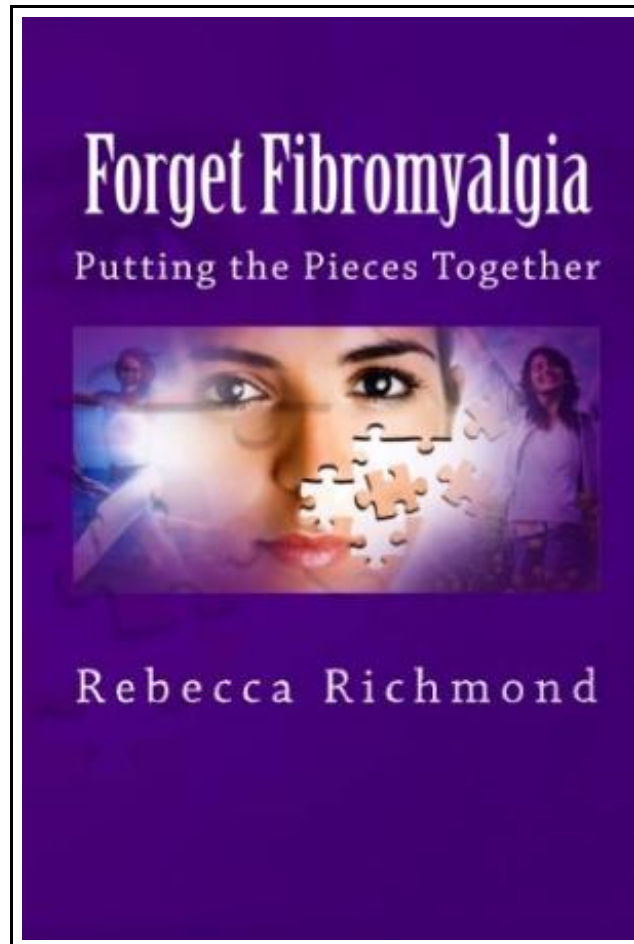


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Createspace, United States, 2011. Paperback. Book Condition: New. 228 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Fibromyalgia is a very real and distressing illness that affects millions of people around the world. Rebecca Richmond suffered for seven years before she developed a programme of various mind-body techniques that enabled her to overcome her symptoms. Then she used these same skills to aid her recovery from surgery to remove a pancreatic tumour, MRSA and a malignant melanoma. She now enjoys good health and lives a full and active life. Rebecca believes that the key to her healing was understanding how to interrupt the pain signal to the brain, overcome the traumas from her past and finally learn to relax so her brain and body stopped triggering the fight or flight response. Through her book she shares her story and provides detailed descriptions of the techniques she used to achieve her remarkable recovery, which are qualified with profound metaphors that are easy to relate to. Rebecca uses a combination of practices and exercises which you can follow so that you, too, can overcome this condition. Through these techniques she has been able to enhance the way she thinks and improve every aspect of her life - though her weaknesses remain chocolate, ice cream and curry! Having recovered Rebecca realised that in order to sustain her recovery she needed to completely transform the way she approached and handled life. So she has also shared with you her techniques for building great self esteem, setting and achieving goals and techniques for meeting the basic needs that are essential for long lasting happiness. During her journey back to health she studied and qualified as a master practitioner of NLP (Neuro Linguistic Programming), hypnosis, Time Line Therapy and coaching. She...



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