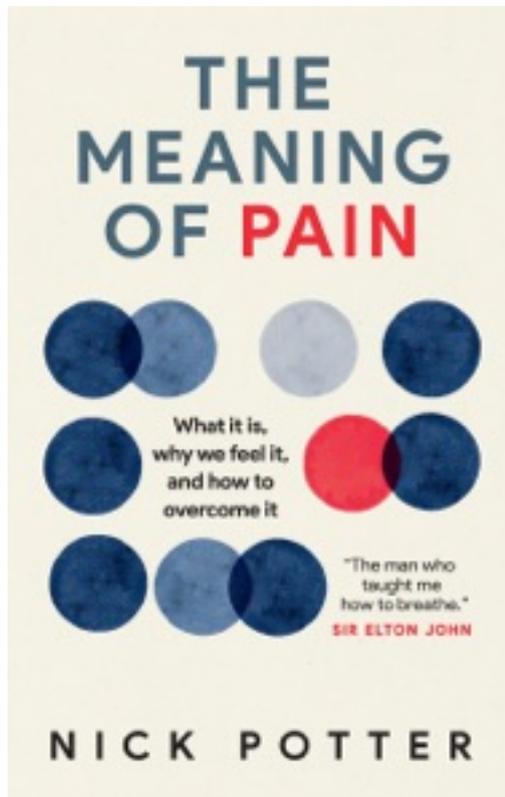


Download The Meaning Of Pain Free EBook PDF/ePub/Mobi - Nick Potter



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In *The Meaning of Pain*, renowned osteopath Nick Potter draws on insights from biology, evolution and social behaviour to present a radical new understanding of pain and why we feel it.

Although pain is unpleasant, it is essential - nature's way of alerting us to danger - and is often a sign that something is out of balance in our lives. Stress and anxiety corrode our health in hidden ways and, as Potter shows, understanding this is crucial to treating pain.

In this sage and enlightening book, drawing on 25 years of clinical experience and success stories from his consulting room, Potter presents a timely, compelling roadmap for wellbeing, showing us how to break the vicious cycle of stress, pain and anxiety before the damage is done.

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