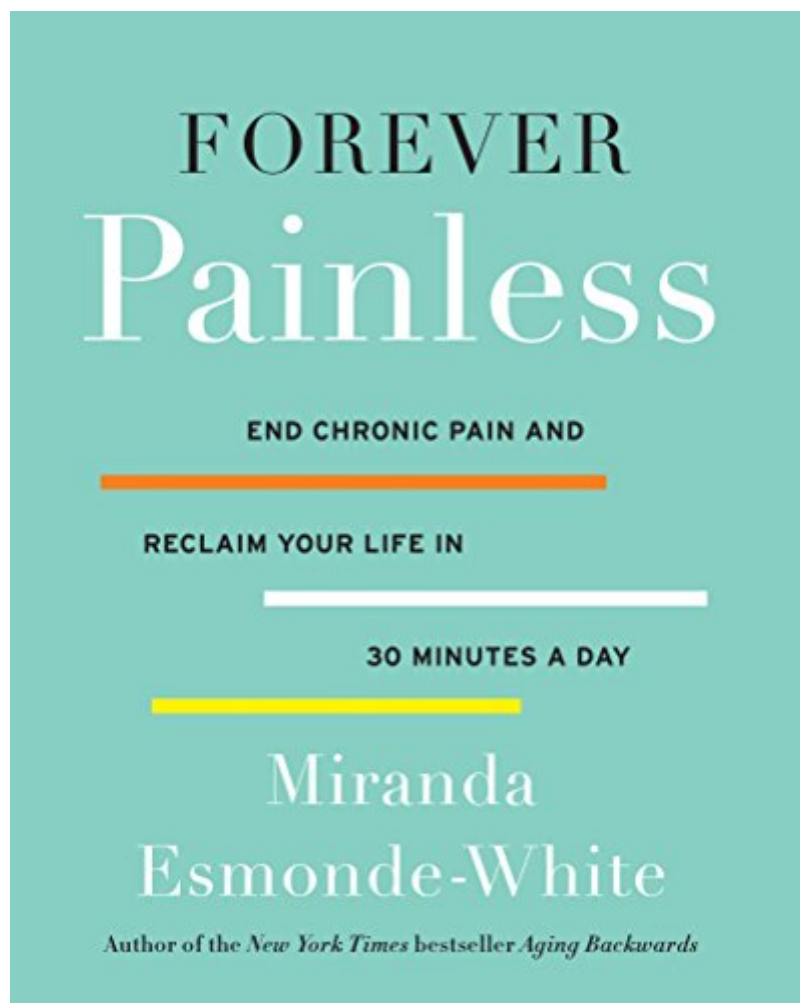




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Forever Painless: End Chronic Pain And Reclaim Your Life In 30 Minutes A Day



Synopsis

End chronic painâ ”for goodâ ”with this practical guide from the PBS personality behind Classical Stretch and author of the New York Times bestseller *Aging Backwards*. Chronic pain is the most common cause of long-term disability in the United States. Twenty percent of American adults accept back spasms, throbbing joints, arthritis aches, and other physical pain as an inevitable consequence of aging, illness, or injury. But the human body is not meant to endure chronic pain. Miranda Esmonde-White has spent decades helping professional athletes, ballet dancers, and Olympians overcome potentially career-ending injuries and guiding MS patients and cancer survivors toward pain-free mobility. Now, in *Forever Painless*, she shows everyone how to heal their aching bodies and live pain free. The root of nearly all pain is movementâ ”or lack thereof. We need to move our bodies to refresh, nourish, and revitalize our cells. Without physical activity, our cells become stagnant and decay, accelerating the aging process and causing pain. People who suffer chronic pain often become sedentary, afraid that movement and activity will make things worse, when just the opposite is true: movement is essential to healing. In *Forever Painless*, Miranda provides detailed instructions for gentle exercise designed to ease discomfort in the feet and ankles, knees, hips, back, and neckâ ”allowing anyone to live happier, healthier, and pain-free no matter their age.

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Customer Reviews

*****As someone who lives with chronic pain, I found this book to be uplifting and encouraging, giving me hope for the first time in a long time. I have tried and tried to exercise but always injure myself and end up with an additional problem contributing to my pain syndrome. After so many years of doing this I basically had given up. Now I have what I believe is a way to feel better. It will take hard work and time, and so I will post updates here. With the exercises in this book, you start where you can--wherever that is--and work up from there. The author gives many examples of people with issues like mine who start at a low level and after a matter of persistence and patience end up with less pain and greater mobility. I am encouraged. The first part of the book discusses chronic pain--what it is and what causes it. The author reviews the new research about fascia and how doing simple "essentric" (muscle lengthening and strengthening) exercises is the best way to renew and rebalance our bodies and get out of chronic pain. Today 20% of all people in the U.S. are suffering with chronic pain! The author explains scientific concepts in such a simple, clear way. She describes the "pain loop" and how to break it. She explains the new scientific discoveries of how fitness industry standards can cause injury and how all concentric exercise (the exercise that most exercise Americans do that shortens and strengthens our muscles) needs to be balanced with eccentric exercise to avoid injury and pain. The author explains much about the fascia--our connective tissues--and how new science informs how we must care of it if we want to age well. Throughout the book there are examples of people who struggle with chronic pain and about how through the "Essentrics" technique (developed by the author) they conquered their pain syndromes. The author has been featured many times on PBS and is also the author of a previous book, "Aging Backwards". She has DVDs out demonstrating the techniques, as well as a channel (for pay) that live streams all of her workouts. However, anyone could figure out how to do the exercises from the book, as they are illustrated and described in detail, along with correct and incorrect postures for the exercises. The first 60 or so pages of the book is explanation of the theory behind the Essentrics technique and the rest is specific workouts for: warmup, foot and ankle, knee, hip, back, upper back and shoulder, connective tissue, immune system, arthritis, and stress. Most of the workouts (if not all) use all of the body's 650 muscles and 384 joints. And you might need a few

commonly found props like a chair or a blanket, but no special equipment at all. Highly recommended. *****

Forever Painless may in fact be the resource I've been looking for. Up until this point I haven't been able to find any form of exercise that my body could tolerate consistently. This book gives me hope! In Part One, Esmonde-White explains the ins and outs of chronic pain and why her approach makes sense. Though she is clearly very knowledgeable on this subject, her writing style makes the information accessible and really interesting even for the most medically novice. The second part of the book is divided into exercises, including a basic warm-up and workouts that target certain areas or causes of pain. The exercises are described with easy-to-follow instructions as well as pictures for those of us that need both in order to figure out what the heck we're supposed to be doing. (Coordinated I am not) I zeroed in on the Connective Tissue workout and the Immune System workout but what really impacted me was the question she asks and answers "How can I stretch while I'm in pain? This is something I have asked more than one of my doctors, including my rheumatologist and my neurologist, without getting any helpful answers. I practically have that little section of the book memorized now! There are many great things about Forever Painless, especially for those of us who have been seeking a resource like this for a while. The information is engaging and easy to understand, and the exercises are doable and well-described. Perhaps the best thing about Forever Painless though is that Miranda Esmonde-White leaves the reader the person who is weary of pain with the hope that there IS hope. That we don't have to simply manage our pain, but that complete relief is entirely possible. (At the same time, she is also realistic with some conditions for which a cure from pain may not be achieved.) I am looking forward to incorporating her workouts into my daily routine and becoming less sedentary. (I voluntarily reviewed a complimentary copy of this book)

This book was heaven sent! It was just the right book at the right time. A close friend of mine who is also a kinesiologist had referred me to Essentrics and I had tried one of Miranda's exercise videos and liked it. But this book cemented the truth that the right kind of exercise will help me feel better. Forever Painless is well-written but easy to read and understand. The book is divided into two parts: the first part explains chronic pain and how recent studies about our connective tissue (fascia) is key to healing chronic pain. I found this section inspiring and empowering. I felt like this book was written for me. The second part consisted of pictures and explanations of the exercises. I am trying

to learn the Basic Warm-up ones by heart so that I can do them without using the book. Although the exercises look easy, I still pulled a sweat doing them. I think anyone can do these exercises though, even if one is in a lot of pain. I know my body responds well to stretching and after reading this book, I understand why. The author makes reference to recent studies and explains how this relates to body pain and the healing from pain. These are gentle but powerful exercises and Part Two demonstrates specific ones for each part of the body, such as the hips or upper back and shoulders. There is also the Immune System Workout, the Arthritis Workout and the Stress Workout. The book also has an index at the back of the book. This book has become my daily companion. Because being in pain kills one's motivation to exercise, I appreciate the way this book encourages me to do it, to continue a daily 30-minute routine that makes a difference in my life both physically and emotionally. Highly recommended to anyone who thinks they are in too much pain to exercise or who don't like exercising. This is one of the best books I've read this year on wellness. I received a complimentary copy. I voluntarily chose to write a review of this book.

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