

Is Your Pain Making Your World Smaller and Smaller Every Day?



Wouldn't it be great to wake up with a big stretch and bound out of bed pain free?

Daily tasks would be easier and less tiring.

And you could truly enjoy time spent with family and friends again because you'd be able to be in the moment with them, without being distracted by your pain.

With “Mindfulness Based Pain Relief”
all this is possible and in less time than
you would think!

Start feeling relief the very first day with a relaxation technique, designed to soften up all the muscle tension that builds up daily from your pain.

Did you know that the story we tell ourselves about our pain can actually make it hurt worse? Acceptance of the pain, in its present form, without “our story” about it is a super quick way to change your pain’s intensity and MBPR shows you how.

With our comprehensive 12-week program, you can be feeling much less pain right away and perhaps eliminate it completely.

- You’ll learn how to do neither too much nor too little so you have much more energy for all your daily activities.
- You’ll focus on your body’s sensations and how to turn down their intensity.
- **Here is an important tip** and one we will expand upon in the program: Just replacing the word “pain” with “sensation” can help you achieve comfort much faster.

Some conditions are permanent, but with a Mindfulness practice you can get back into your life. Managing your discomfort (see how I didn't use the word pain?) is key to living a rich and satisfying life despite any limitations you may have.

Read below about the great results that people who practice MBPR have experienced!



"There is no way I could be back to kayaking without MBPR, it's literally a lifesaver! A simple 20-minute a day practice gets me back to enjoying my life again. It didn't happen overnight but I started feeling relief right away and that was worth everything!

Todd Ingall



After a serious Yoga injury, my doctor told me my pain could be chronic and I might never do Yoga again! I was heartbroken to think I might have long-lasting pain and never be able to participate in yoga. It had helped me so much with body issues and spiritual grounding, to lose that put me into a deep depression.

Once I learned about MBPR and started practicing it, I stopped telling myself scary stories about my future and how unfair this all was. I learned that healing is possible and with the program I was able to get off opioid pain-killers. Now after just 3 months, I am back to a gentle yoga practice and am getting stronger every day!

Pamela Roberson

Yes, Pamela, as well as many other people have been able to leave the nightmare of opioid dependency behind,

And Now So Can You!

Let me tell you a little about my journey with pain and how I came across this amazingly effective program.

I had a car accident in 1997, so severe that it burst the aorta to my heart! Now, people don't usually live from that, but I did. I've come to feel it was for many important reasons, one of which is to help people find a way out of the hell of chronic, disabling pain.

After my surgery, I found out something about myself that I didn't know, something that made my recovery about 1000% more difficult.

I am allergic to all narcotics, I won't scare you with all the nasty side effects I endured in my search for some, any, relief from the horrible pain I was in. You see, the aorta wasn't my only injury. I shattered my right arm and had some awful facial injuries. I was truly a medical mess.

I believe in the mind-body connection and had dabbled in meditation in the past. So, I started meditating and looking around for alternative treatments for my pain. That's when I found **Mindfulness Based Pain Relief**.

Here was a system I could use; I didn't have to fumble around putting the pieces of the puzzle together. I just started my Mindfulness practice as the program instructed and honestly started feeling better immediately.

I want that same relief for you.

Choose your copy of Mindfulness Based Pain Relief below and receive a coupon code for \$20 off the program price of \$375.00

You'll also receive a special worksheet designed to help you track your discomfort as it turns into comfort. This program is PACKED with other worksheets to help you get the most relief you can in the least amount of time.