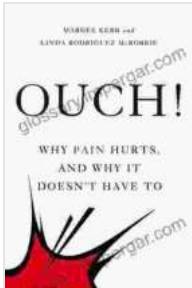


Why Pain Hurts, and Why It Doesn't Have To



Ouch!: Why Pain Hurts, and Why it Doesn't Have To (Bloomsbury Sigma) by Margee Kerr

★★★★☆ 4.1 out of 5

Language : English
File size : 653 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 321 pages



by Howard Schubiner, MD

Published by Bloomsbury Sigma

A Revolutionary Perspective on the Nature of Pain

For centuries, pain has been viewed as an inevitable part of life. But what if that's not the case? What if pain is actually a product of our own minds?

In his groundbreaking book, *Why Pain Hurts, and Why It Doesn't Have To*, Dr. Howard Schubiner challenges the traditional understanding of pain. Drawing on the latest research in neuroscience, psychology, and integrative medicine, he presents a revolutionary new perspective on the nature of pain.

Schubiner argues that pain is not simply a physical sensation but rather a complex biopsychosocial experience. In other words, pain is influenced not only by our physical injuries but also by our thoughts, emotions, and beliefs.

This has profound implications for our understanding of pain and its treatment. If pain is not simply a physical problem, then it cannot be solved with physical treatments alone. Instead, we need to take a holistic approach that addresses the whole person, not just the injured body part.

Why Pain Hurts, and Why It Doesn't Have To offers a new way of thinking about pain. It empowers us to take control of our pain and live more fulfilling lives despite its presence.

About the Author

Dr. Howard Schubiner is a board-certified internist and integrative medicine physician. He is the founder and director of the Center for Mind-Body Medicine at the Mercy Medical Center in Baltimore, Maryland.

Dr. Schubiner has been a pioneer in the field of integrative medicine for more than 20 years. He has lectured and written extensively on the mind-body connection and its implications for health and well-being.

Reviews

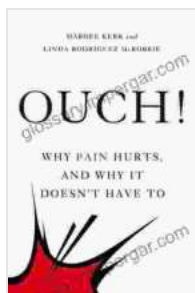
"*Why Pain Hurts, and Why It Doesn't Have To* is a must-read for anyone who suffers from chronic pain or knows someone who does. Dr. Schubiner's insights into the nature of pain are groundbreaking, and his practical advice on how to manage pain is invaluable." — Deepak Chopra, MD

"This book is a game-changer for anyone who wants to understand and manage their pain. Dr. Schubiner's holistic approach is empowering and effective." — Christiane Northrup, MD

"*Why Pain Hurts, and Why It Doesn't Have To* is a brilliant and compassionate book that will change the way we think about and treat pain." — Gabor Maté, MD

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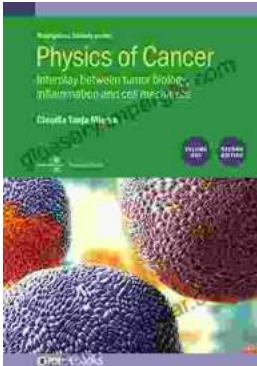
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