



Why We're in Pain: Why chronic musculoskeletal pain occurs - and how it can be prevented, alleviated and eliminated with Clinical Somatic Education

Sarah St. Pierre

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Sarah St. Pierre suffered from two debilitating back injuries during her years as a ballet dancer. After quitting dance, she learned about the work of Thomas Hanna and his technique of Clinical Somatic Education. St. Pierre discovered that her injuries, as well as the residual tightness and pain she was experiencing, were caused by deeply learned muscular patterns. Hanna had developed a method of neuromuscular education which retrained these damaging muscular patterns. Within weeks of practicing Hanna's techniques, St. Pierre felt like she had a brand-new body. The myth that our bodies will inevitably break down and that we must experience pain as we age is so ingrained in our belief system that few people stop to wonder why this breakdown occurs and if it might be avoidable. Clinical Somatic Education stands out among therapeutic modalities and pain relief techniques because it addresses the underlying cause of most musculoskeletal pain and degeneration. In *Why We're in Pain*, St. Pierre explains the learning process by which we develop habitual muscular patterns, and how these muscular patterns lead to pain and physical degeneration. She then describes how a series of somatic educators discovered how to work with the nervous system to change these deeply learned muscular patterns. Lastly, St. Pierre explains the process by which Clinical Somatic Education re-educates the nervous system, relieving pain and restoring function. With such an effective technique available, it is simply not acceptable for people to believe that they have no control over their pain. *Why We're in Pain* gives hope to millions of pain sufferers, letting them know that they have the ability to relieve and eliminate their own pain through a gentle process of re-educating the nervous system.

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From reader reviews:

James Connell:

Precisely why? Because this Why We're in Pain: Why chronic musculoskeletal pain occurs - and how it can be prevented, alleviated and eliminated with Clinical Somatic Education is an extraordinary book that the inside of the reserve waiting for you to snap it but latter it will zap you with the secret this inside. Reading this book close to it was fantastic author who also write the book in such remarkable way makes the content within easier to understand, entertaining technique but still convey the meaning fully. So , it is good for you because of not hesitating having this any longer or you going to regret it. This excellent book will give you a lot of benefits than the other book have such as help improving your ability and your critical thinking technique. So , still want to hesitate having that book? If I had been you I will go to the e-book store hurriedly.

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Sara Pacheco:

That guide can make you to feel relax. This particular book Why We're in Pain: Why chronic musculoskeletal pain occurs - and how it can be prevented, alleviated and eliminated with Clinical Somatic Education was bright colored and of course has pictures on the website. As we know that book Why We're in Pain: Why chronic musculoskeletal pain occurs - and how it can be prevented, alleviated and eliminated with Clinical Somatic Education has many kinds or style. Start from kids until teenagers. For example Naruto or Detective Conan you can read and think you are the character on there. So , not at all of book usually are make you bored, any it offers you feel happy, fun and relax. Try to choose the best book for you and try to like reading in which.

Josette Leonard:

What is your hobby? Have you heard this question when you got pupils? We believe that that issue was given by teacher to the students. Many kinds of hobby, All people has different hobby. And also you know that little person like reading or as examining become their hobby. You must know that reading is very important and also book as to be the factor. Book is important thing to add you knowledge, except your own

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