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Mindfulness In Plain English

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Using Mindfulness to Approach Chronic Pain

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mindfulness-solution.com landing page - Dr. Ron Siegel

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The Mindfulness Solution to Pain: Step-By-Step Techniques ...

Back Sense presents a step-by-step self-treatment program for chronic back pain which integrates recent advances in medical

and psychological research with mindfulness practice. The program draws upon cognitive, psychodynamic, and behavioral techniques along with mindfulness-based exercises to help patients interrupt the cycles that maintain the condition.