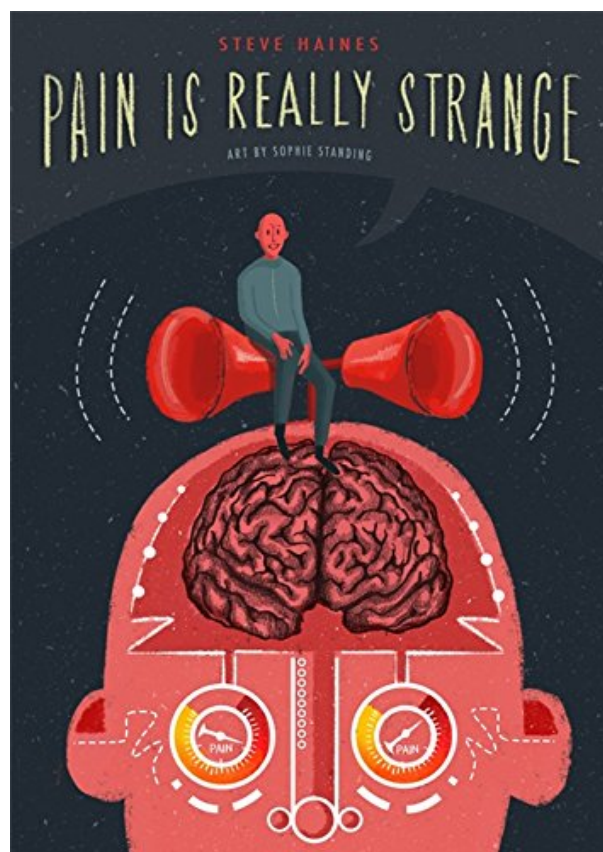
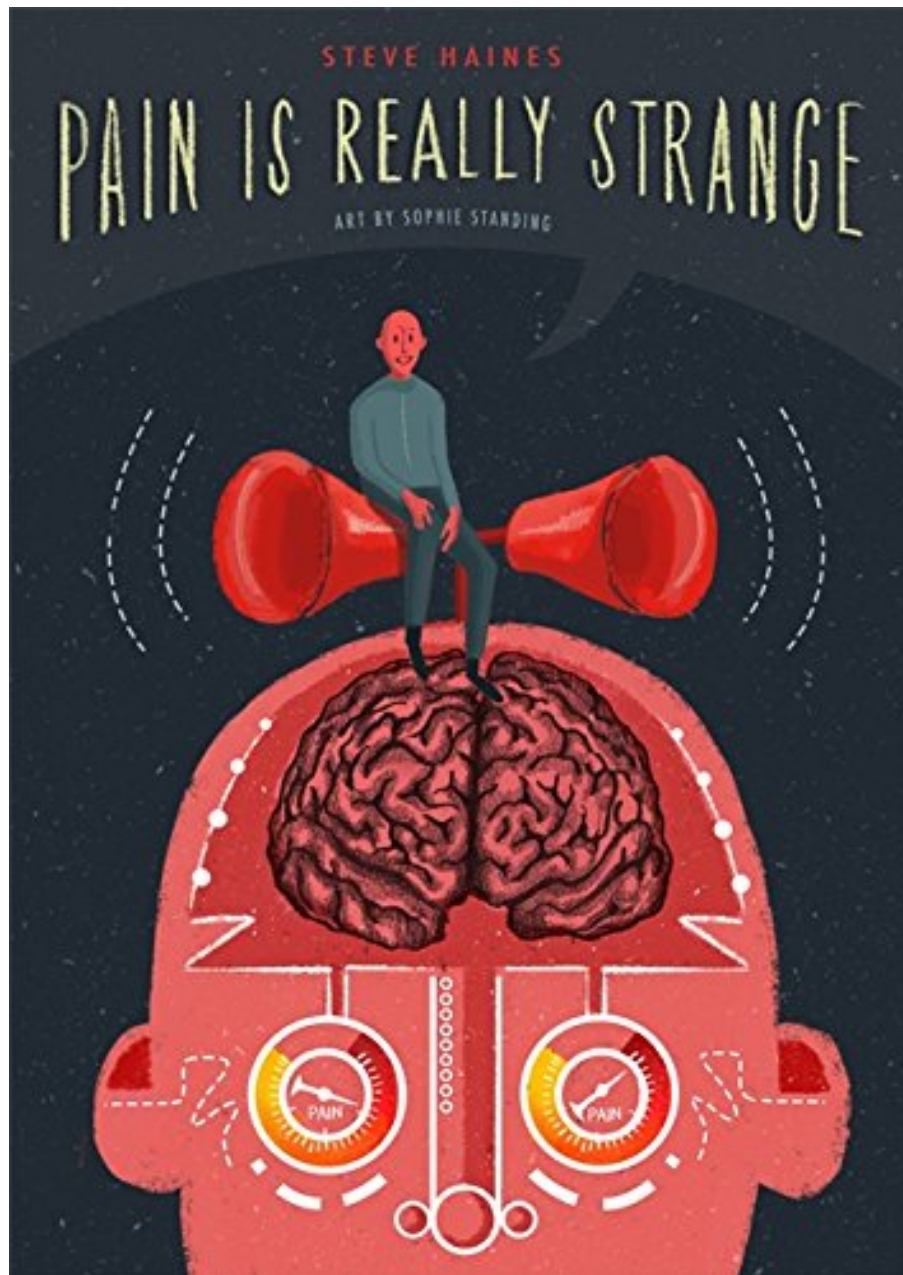


PAIN IS REALLY STRANGE BY STEVE HAINES



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Steve and Sophie have done an extraordinary thing: they have managed to make pain beautiful and interesting. If you want to really understand your relationship with pain and be thoroughly entertained at the same time then this is the book for you. -- Fred Deakin, Professor of Interactive Digital Arts at University of the Arts London, half of the band Lemon Jelly, and founder and director of Airside design agency This seemingly innocuous picture book on pain is so much more. Steve Haines has compiled a brilliant little volume of insights. Its colorful images invoke a playful approach to unlearning old patterns. Its rich scientific information helps disassemble, piece by piece, the way we've come to think about pain as a culture. Haines takes the next step, too; he doesn't leave us wondering what to do next, but offers practical tools we can use to rewire our mind-body response to pain. This tiny book packs a powerful punch! -- Bo Forbes, Psy.D., psychologist, yoga teacher, and author of 'Yoga for Emotional Balance' With this straightforward, smart, and visually rich book, Steve Haines has done a huge service to people by helping them to better map their bodies, resolve fear of movement, and to find their way out of pain. This book is incredibly easy to follow, but doesn't dumb down pain science in the least. Understanding what pain is is a crucial part of healing, and this succinct and wonderfully illustrated book is the perfect resource for educating people about why they experience pain, and how they can "unlearn" it. I can't wait to give this book to all of my clients and to recommend it to all of my listeners. Whether you are a person suffering with chronic pain, or a teacher or practitioner who wants to better understand pain in the context of your work, read this book. It is a tremendous resource. -- Brooke Thomas, Certified Rolfer, movement educator, and creator of the Liberated Body Podcast The wisdom and knowledge in this seemingly simple book sneaks up on the reader. Initially one would not think that such a depth of insight could be infused in a picture book. However, it can be likened to a printed version of a TED Talk. It engages the reader more and more with each page until in the end the reader realizes they want to read it again because it contains so much useful information in such an easily accessible manner. -- David Berceci, Ph.D., Creator of Tension & Trauma Releasing Exercises (TRE) Pain Is Really Strange is a revelation. I have been actively managing multiple health conditions for over 20 years. In his book, Steve unpacks information about our brains, nerves, and body memories, sketching out a framework, which has presented me with a new, insightful perspective on my pain/health/medical issues. He differentiates different types of pain and eloquently articulates bits of information I have encountered over the years but have not been able to join up. I shall re-read it often as a touchstone. Brilliant! -- Craig Givens, someone who manages more pain than he would like Explaining your chronic pain to your friends, family or boss can be difficult. But what if there were a tool, which could not only help your support network better understand your suffering, it could also help relieve your pain? The research-based graphic novel Pain is Really Strange by body worker Steve Haines and illustrator Sophie Standing might be able to accomplish

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PAIN IS REALLY STRANGE BY STEVE HAINES PDF

Answering questions such as 'how can I change my pain experience?', 'what is pain?', and 'how do nerves work?', this short research-based graphic book reveals just how strange pain is and explains how understanding it is often the key to relieving its effects.

Studies show that understanding how pain is created and maintained by the nervous system can significantly lessen the pain you experience. The narrator in this original, gently humorous book explains pain in an easy-to-understand, engaging graphic format and reveals how to change the mind's habits to transform pain.

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Interesting & Insightful

By Mary-Anne

Pain is Really Strange does a great job of explaining the trick and complicated thing that pain is in a fun and interesting way. The illustrations do a wonderful job of helping clarify some very trick concepts. Pain is an overwhelming concept to try and understand. The book explained how to concept of pain and our understand of it has changed, starting with Aristotle and then moving to current time. The explanation of nerves and neuroplasticity and how this related to pain is well done. It's then built upon how we can use neuroplasticity to our advantage when dealing with pain.

As someone who has been living with chronic pain for over 13 years, I think that this book can be a fantastic resource. For those of us who live in pain, if you don't know about neuroplasticity or are looking for something a bit fun to read about pain for a change, this is a book for you. For those who live with someone or love someone who has chronic pain, this is a book for you! It will help you understand more about pain. I think this would be an especially great book for teenagers or young adults whose parents deal with chronic

pain.

I was lucky enough to receive a copy of the book. I've very glad I got to read it.

2 of 2 people found the following review helpful.

You will need glasses or a magnifier to read this.

By Amazon Customer

This is an exceptional book for anyone who needs answers about pain. Medical professionals can use this to explain pain and it's many nuances to their patients.

The book has great content. The colors, the printing, dark and light the small print.at the bottoms of some pages are difficult to read. Sometimes you just guess , or have someone else look at it for bbc you.

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Creative and informative volume.

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Excellent. Works for teens and adults. Looking forward to the trauma volume coming soon.

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