

**What Others Say about this Book...**

*Taming Chronic Pain* was co-authored by two highly respected professionals and published authors: Bruce Eimer, PhD, and Roy Hunter, CHt. This book shows how mindfulness can help bring relief to people who suffer from chronic pain. The authors have literally “walked their talk” because both of them suffered permanent back injuries decades ago, and have used the techniques they teach to manage their own chronic pain. Additionally, Dr. Eimer worked as a pain psychologist for years at a major hospital; and Roy worked part-time with the Franciscan Hospice using pain management hypnosis for terminal patients. Their book is filled with information as well as mindfulness exercises that you can use if you suffer from chronic pain.

--*Robert Otto*

*CEO & President, International Medical and Dental Hypnotherapy Association*

Dr. Eimer and Mr. Hunter’s book takes the reader through simple yet powerful concepts for understanding and working with your own debilitating chronic pain and in-turn, also for helping others find relief. In today’s age, “Taming Chronic Pain” is a breath of fresh air, teaching people how to be more resilient, self-sufficient and aware of themselves, naturally. Highly recommended.

--*Juan P. Acosta, CHP*

*Bestselling author and host of the Natural Comfort Specialist podcast*

Patients with chronic pain are often asked, “exactly where does it hurt?” According to Bruce Eimer, Ph.D. and Roy Hunter, C.Ht., authors of *Taming Chronic Pain*, what should be asked is, “how do you feel about where it hurts?” That’s right. Chronic pain is emotional. According to Eimer and Hunter, the expression of chronic pain in the absence of a wound is more about how our mind is storing emotional energy in our body, than it is about illness or injury and the most powerful pain medicine is in our minds, not in a prescription. In a culture where opioid pain medication is over prescribed, in circumstances where it is not beneficial, having a mind-body-medicine prescription as an alternative, is a powerful and effective tool in resolving the circumstances of chronic pain. This is an easy to understand manual on rethinking what pain is about, along with coping strategies for long term success with reducing chronic pain. As a practicing hypnotherapist and stress management consultant, I can assure you that this information is valid and the tools and life skills offered in this book are extremely effective.

--*Sheryl L Hill, C.Ht, CAHA, CSMC*

## *Taming Chronic Pain*

There are self-help books that appear to be written to illustrate just how clever the author is and there are self-help books that really do offer professional help. *Taming Chronic Pain* is most definitely the latter and the skill of both authors is offered so succinctly that the book becomes a powerful and totally reader-centered work.

The sixty-four 'Pain Takeaways' are almost enough on their own to provide a fantastic resource for managing pain. Add in the extra enlightenment provided by the case studies and clear descriptions of how to use the various management tools and it already becomes an outstanding 'prescription' for professionally guided self-sufficiency. But it doesn't stop there, because the instructions on mindfulness meditation, releasing old pain, and envisioning wellness, coupled with the wonderful AWARE principle, combine to create a must-have read for all who want to understand and manage their pain responsibly and effectively.

Experience is a powerful resource and since *Taming Chronic Pain* was written by two people who have been at the 'sharp end' of both pain and its management, their collaboration provides the reader with a real gem!

*--Terence Watts, Fellow of the Royal Society of Medicine  
Chairman, Association for Professional Hypnosis & Psychotherapy*