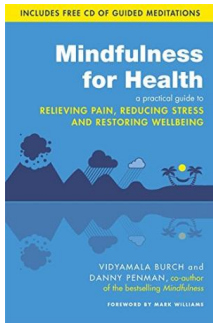


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# MINDFULNESS FOR HEALTH: A PRACTICAL GUIDE TO RELIEVING PAIN, REDUCING STRESS AND RESTORING WELLBEING



Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, Mindfulness for Health: A Practical Guide to Relieving Pain, Reducing Stress and Restoring Wellbeing, Danny Penman, Vidyamala Burch, WINNER OF BEST BOOK (POPULAR MEDICINE) AT THE BRITISH MEDICAL ASSOCIATION'S BOOK AWARDS 2014 Pain, suffering and stress can be intolerable - but it doesn't have to be this way. Mindfulness for Health reveals a series of simple practices that you can incorporate into your daily life to relieve chronic pain and...

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