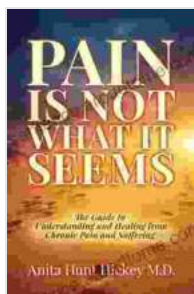


# Pain Is Not What It Seems: Uncover the Hidden Messages of Your Body and Discover the Path to Healing

Are you tired of living with chronic pain? Have you tried everything under the sun, but nothing seems to work? If so, you're not alone. Millions of people suffer from chronic pain, and many of them have given up hope of ever finding relief.

But what if I told you that pain is not what it seems? What if I told you that pain is actually a message from your body, trying to tell you something important? That's exactly what Dr. Gabor Maté believes, and he shares his groundbreaking insights in his new book, *Pain Is Not What It Seems*.



## Pain Is Not What It Seems: The Guide to Understanding and Healing from Chronic Pain and Suffering

by Lawrence D. Rosenblum

★★★★☆ 4.4 out of 5

Language : English  
File size : 2055 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 181 pages  
Lending : Enabled

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In this book, Dr. Maté explores the mind-body connection and shows how our thoughts, emotions, and beliefs can all contribute to chronic pain. He also shares practical advice on how to manage pain and heal from the inside out.

If you're ready to take control of your pain and live a more fulfilling life, then I urge you to read *Pain Is Not What It Seems*. This book has the potential to change your life.

**What you'll learn in *Pain Is Not What It Seems*:**

- The mind-body connection and how it relates to chronic pain
- The different types of pain and their underlying causes
- How to manage pain without medication
- The role of emotions and beliefs in chronic pain
- How to heal from pain from the inside out

**What people are saying about *Pain Is Not What It Seems*:**

"This book is a game-changer for anyone who suffers from chronic pain. Dr. Maté's insights are groundbreaking, and his advice is practical and effective. I highly recommend this book to anyone who is looking for relief from pain."

- Dr. Mark Hyman, New York Times bestselling author of *The UltraMind Solution*

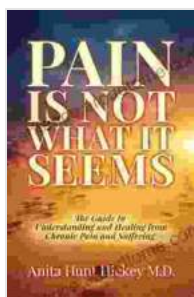
"Dr. Maté is a brilliant and compassionate physician who has dedicated his life to helping people heal from chronic pain. In *Pain Is Not What It Seems*,

he shares his groundbreaking insights into the mind-body connection and offers practical advice on how to manage pain and heal from the inside out. This book is a must-read for anyone who suffers from chronic pain."

- Dr. Christiane Northrup, New York Times bestselling author of *Women's Bodies, Women's Wisdom*

If you're ready to take control of your pain and live a more fulfilling life, then I urge you to Free Download your copy of *Pain Is Not What It Seems* today.

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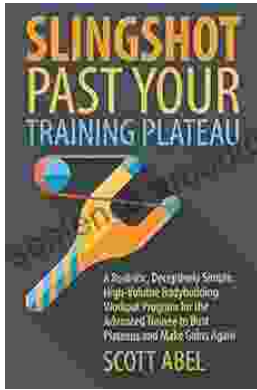
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