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information processing in the brain structures affected by pain dr fehmi shows us that it is possible to learn to resolve pain at the brain level using simple attention exercises drawing on scientific research dr fehmi explains how to quiet the pain signal in the brain empowering readers to free themselves from many forms of pain and discomfort the exercises involve altering the way we pay attention to pain cultivating what fehmi calls open focus attention a relaxed form of awareness that changes the neural blood flow and increases alpha brainwave activity associated with reduced stress and beneficial hormonal changes for four decades dr les fehmi has been a leader in brainwave biofeedback also called neurofeedback training individuals how to balance and regulate their brainwave patterns to improve mental emotional and physical health dissolving pain is based on the premise that dissolving pain simple brain training exercises for overcoming chronic pain by les fehmi and jim robbins click the links below to download the audio tracks that accompany the book including two essential open focus exercises for dissolving pain for audio recordings of other exercises described in the book visit [openfocus.com](http://openfocus.com) dr fehmi shows us that it is possible to learn to resolve pain at the brain level using simple attention exercises drawing on scientific research dr fehmi explains how to quiet the pain signal in the brain empowering readers to free themselves from many forms of pain and discomfort dissolving pain is based on the premise that although pain is perceived to exist in a particular part of the body pain in fact resides in the brain dr fehmi shows us that it is possible to learn to resolve pain at the lee este libro en la app de google play libros en tu pc o dispositivo android o ios descarga dissolving pain simple brain training exercises for overcoming chronic pain para leerlo sin mentally stimulating activities help the brain create new connections and that may prevent cognitive decline as people get older and there are plenty of simple brain training exercises to help you think that are budget friendly 2023-10-22

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