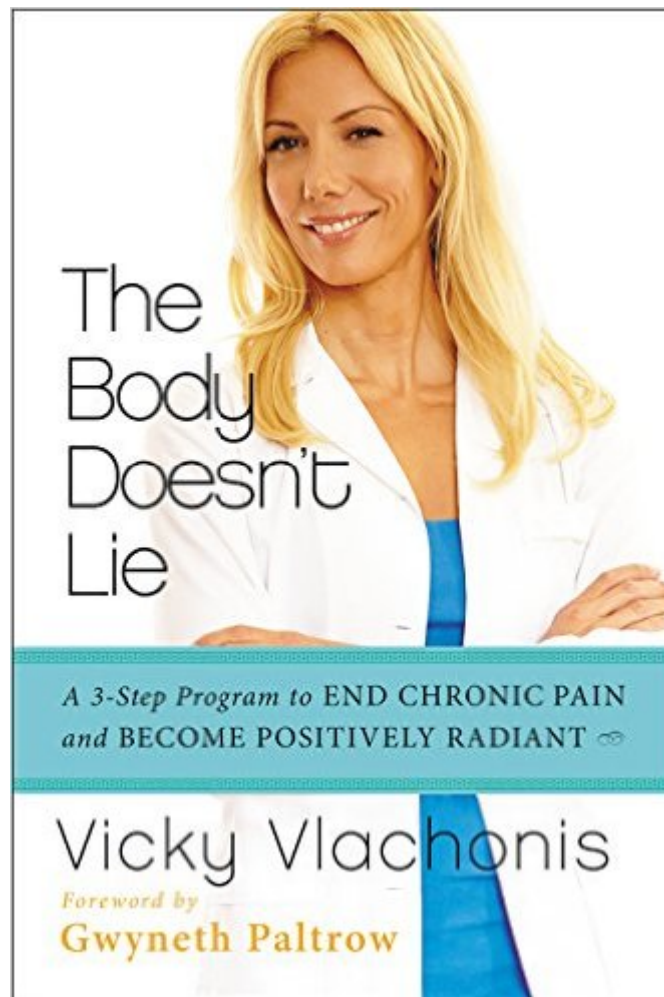


The book was found

# The Body Doesn't Lie: A 3-Step Program To End Chronic Pain And Become Positively Radiant



## Synopsis

Get Rid of Chronic Pain and Discover How to Look and Feel Your Best Every Day Back problems, nightly headaches, tight shoulders, achy feet—all of us have nagging, daily pains that seem to get worse when our lives get busier. In *The Body Doesn't Lie*, Vicky Vlachonis shows us how to locate the source of our pain, understand its origin and manifestation in the body, and then let it go, using a holistic approach that includes easy-to-implement guidelines for diet, exercise, and emotional well-being.

## Book Information

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Average Customer Review: 4.5 out of 5 stars— See all reviews— (40 customer reviews)

Best Sellers Rank: #72,191 in Books (See Top 100 in Books) #13 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Pain #61 in Books > Health, Fitness & Dieting > Alternative Medicine > Massage #118 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management

## Customer Reviews

I'm assuming that if you're reaching for this book, you've been experiencing chronic pain for some time (hence the term CHRONIC), that you're feeling near the end of your rather lengthy rope and maybe approaching desperate. That you've been offered very little or no useful information from anyone in the medical profession (who, god bless their little

let's-just-fix-you-right-up-in-our-12-minute-office-visit hearts, are great with the acute" but truly helpless and ineffectual when faced with the "chronic"), and you've decided to take matters into your own hands. I'm going to assume the pain has virtually taken over your life. And you just can't take it anymore. If, like me, you're hoping this might be the one that reveals the secret to fixing what is ruining your life, keep looking. It's not that it's a terrible book, not at all—but if you're at all conscious and resourceful, you already know that a good night's sleep is critical to your health, that sugar is bad for you, that meditation really is a panacea, that negative self-talk is harmful . . . . Kale

smoothie, anyone? I think what really tweaked me is that, for a book whose title offers the promise to "End Chronic Pain," the author is apparently addressing only those with what might be called "chronic pain lite." It is assumed that readers are fully able to take her initial and foremost advice: get a full night of good quality sleep. Then: when you rise from your good night's sleep, do the Five Tibetan Rites. At this point, if I were only able to do those two things, I would truly feel like I was on the road to salvation. However, where does this assumption leave those of us whose bodies literally won't allow us to sleep through the night, let alone perform the exercises? The effect is to make you feel hopeless from the start.

I saw this book promoted on the Dr. Oz Show so I figured it must be really good. I am torn between what kind of audience this book was meant for. Spoiler Alert!!!! The book goes from talking about common sense nutrition to the differences between sympathetic and parasympathetic responses in the human body. I do like the energy work and I am a firm believer in alternative therapy, don't get me wrong. But the way of life the book encourages is only ideal for a single person with no partner or children, who had extra money for hard-to-find food, and extra time to put towards a full 8 hours of sleep, an extra hour in the morning for stretching, and meditation, as well as a job that allowed for a small nap in the afternoon. I did indulge and buy a dry brush that was part of the regimen and it works nicely but I rarely use it for what it was intended. I usually forget to dry brush until I am actually in the shower so I use it as a scrub brush. If I wanted to get a full 8 hours of sleep (and I really do) like the book suggested then I have to give up the morning stretches, dry brushing and meditation. I can't do both and most people can't. Bottom Line, this is a good book and would be nice for a person who already had a good grasp of nutrition and energy work.

Interesting ideas , but I was looking more for a self help book, this book suggests therapy, massage, chiropractic.... on and on. Had to revisit chapters in order to get the meaning, not a smooth read.

This is book will help you! After years of practicing good nutrition, meditation, therapy and daily walks, I couldn't understand why I developed shingles and chronic back pain. After reading this book, it all made sense to me. I wasn't letting go of my emotional pain and it was dragging my mind and my body down. This book opens your eyes. You are doing things to yourself that you don't even realize are hurting you. It rips off the thousands of bandages you have put over your emotional wounds and really works towards healing once and for all. As you complete the three steps, you will feel EXACTLY the way she says you are going to feel.. positively radiant!

The Body Doesn't Lie is an interesting book, by Vicky Viachonis. It has a foreword by Gweneth Paltrow which is a relaxed style. But, the tone of the book is very serious. It talks about how pain is something that occurred from trauma and that is certainly true in most cases. I had a doctor who advocated this principal and used to ask all his patients with body pain to read the book by Dr. John Sarno, Professor of Rehabilitative Medicine at the NYU School of Medicine. The theory was similar in that he discovered the cause of much of our back pain stems from emotional pain. He started out in the NYU Rusk Institute of Rehabilitative Medicine taking care of back pain patients and noticed that they had similar personalities or were under a lot of current or old stress! He specialized in the back, but Ms. Viachonis touches on all the reasons you carry old trauma and finally allowing yourself to let go. It is a serious book that highlights 3 steps that will help you to end pain. Honestly, there is so much guilt, remorse, anger and stress we deal with throughout our lives, why suffer? Read, "The Body Doesn't Lie" for some frank answers. Here is the link: [The Body Doesn't Lie: A 3-Step Program to End Chronic Pain and Become Positively Radiant](#) I enjoyed it, but would love the author to add even more information that would be helpful.

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