

# Outsmart Your Pain

MINDFULNESS AND SELF-COMPASSION TO  
HELP YOU LEAVE CHRONIC PAIN BEHIND

A Doctor's New Kind of Prescription

**Christiane Wolf, MD, PhD**

Foreword by Daniel J. Siegel, MD

## Radically clear, evidence-based mental strategies to relieve chronic pain

Pain can be overwhelming. We tend to lump everything related to it—stressful thoughts, negative emotions, distracting sensations—into one big, unwieldy box that we struggle to carry all day. But what if we could put down this box, unpack it, and tackle the contents one by one? *Outsmart Your Pain* is Dr. Christiane Wolf's transformative guide to finding relief with mindfulness. Easy, guided meditations reinforce each helpful strategy, including:

- rewriting the “pain story” you tell yourself
- practicing loving acceptance of your body as it is
- mindfully working through negative emotions
- strengthening your inner and outer support systems.

By changing our brains little by little, day by day, we can leave behind the burden of our pain—and once we do, we'll live fuller, freer, and more joyful lives.

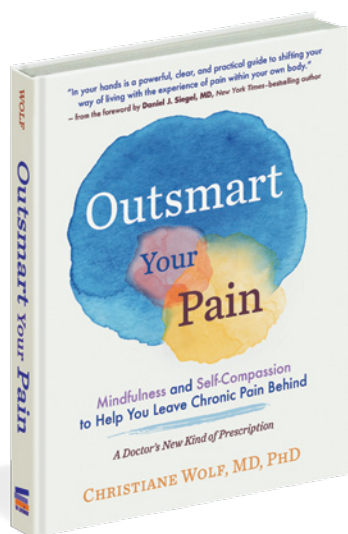
“A powerful, clear, and practical guide to shifting your way of living.”—*from the foreword*



**CHRISTIANE WOLF, MD, PhD**, is an internationally known, certified mindfulness-based stress reduction (MBSR) trainer and director of the VA's national mindfulness training program for clinicians. Dr. Wolf lives in Los Angeles with her husband and their three children.

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**SHIPS APRIL**

- ▶ Supported by a growing body of research, mindfulness-based approaches are a natural alternative to pain medication
- ▶ 15 simple, quick practices for pain sufferers, plus guided audio meditations that readers can download
- ▶ This charmingly designed book makes pain relief a gift you give yourself
- ▶ By the coauthor of *A Clinician's Guide to Teaching Mindfulness*