

‘*Outsmart Your Pain*’ by Christiane Wolf, MD, Introduces a New Approach to Overcoming Chronic Pain...with Mindfulness

Los Angeles, CA – May 25, 2021 – Physician turned mindfulness and stress reduction trainer and lecturer, [Christiane Wolf, MD, PhD](#) has announced the publication of her new book, *Outsmart Your Pain: Mindfulness and Self-Compassion to Help You Leave Chronic Pain Behind*. The book, published by The Experiment and distributed by Workman Publishing Group (and in and in Canada by Canadian Manda Group), is now available wherever books are sold.

With a foreword by Daniel J. Siegel, MD, *Outsmart Your Pain* is Dr. Wolf’s transformative guide to finding relief through mindfulness. Applying a blend of her expertise as a mindfulness thought leader and stress reduction teacher with her medical training, Dr. Wolf offers a new approach to overcoming pain. Easy-to-apply advice and unique guided meditations combine to reinforce each of her tried-and-tested strategies.

“Pain can be overwhelming,” said Dr. Wolf. “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. With this book, I set out to explain how to put down that box, unpack it, and tackle the contents one by one. My goal with *Outsmart Your Pain* is to help people see the experience of pain in a different light. By shifting the perspective of how pain is processed, a fuller, freer and more joyful life is attainable.”

The book takes a compassion-driven approach designed to help those suffering with chronic pain and discomfort to separate their pain from the stressful thoughts and troubled feelings that come with it so that a relief and comfort can be achieved.

“This is a fantastic book, bringing together the kindness and depth of a meditation teacher with the science and tools of an experienced physician,” said Rick Hanson, PhD, author of *Resilient*. Every page is insightful, helpful, and heartfelt. Highly recommended!”

“Mindfulness and compassion practices should be in everybody’s toolbox for a happier and healthier life,” said Arianna Huffington. “But people dealing with chronic health challenges have it especially hard. Dr. Wolf’s accessible, down-to-

earth—and beautifully designed—book is essential reading for providers who treat chronic illnesses and for those suffering from them.”

Christiane Wolf, MD, PhD, is an internationally known, Los Angeles-based certified mindfulness-based stress reduction trainer and director of the VA's national mindfulness training program for clinicians. Learn more at christianewolf.com

Media: To arrange interviews with Dr. Wolf, or to receive a review copy of *Outsmart Your Pain*, contact Paul Williams, at 310/569-0023 or via paul@medialinecommunications.com.