



Freeing Yourself from Pelvic Pain: A complete Self-Help Guide to overcome Chronic Pelvic Floor Disorders, Dyspareunia, Vulvodynia and other Symptoms

Claudia Amherd

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This book was written for you, if you experience vulvodynia, vaginismus, postnatal pain, pain after gynaecological surgery or radiotherapy, discomfort during sex, chronic bladder pain, lower abdominal pain, endometriosis, pelvic floor disorders and other symptoms concerning to chronic pelvic pain. The main part of this book is a step-by-step self-help programme - easy to fit in your daily routine. In 7 simple steps you will learn how to overcome these conditions using empowering exercises. You'll learn gentle and safe exercises to discover, awaken and relax the pelvic floor. You will learn simple techniques to reduce stress and fear of pain. After just a few sessions you will experience noticeable changes. Yes, it takes time, practice and effort. If you want to get results using this programme you'll have to take action. But if you are willing to follow these 7 simple steps of the author's programme, you will be amazed by the results. Just like so many women who've followed this programme have been.

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