



# Transcending Pain: 50 Ways to Transform Your Hardest Days

*Jacqueline Ramsey*

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## **Transcending Pain: 50 Ways to Transform Your Hardest Days** Jacqueline Ramsey

In *Transcending Pain* Jacqueline shares her passion for teaching self-care to sufferers of chronic pain. She takes a unique look at self-care, emphasizing the spiritual and emotional aspects of healing while respecting the necessity of working in conjunction with traditional medical treatments and therapies. Her book is specifically for those days when the pain seems too much, or when you feel lost and alone in bearing the pain. She shows you 50 different ways to transcend and transform the experience through a variety of means, all of which entail a softening of the despair and an opening of the heart leading to better management of the pain. She has interspersed 20 of her most popular articles on chronic pain management among the 50 Ways to guide and inspire you as you learn to manage your chronic pain through self-care.

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