



**BOOK REVIEW**  
**EFFORTLESS PAIN RELIEF**  
Dr Ingrid Bacci

Dr Ingrid Bacci draws on statistics from the US market in her introduction, but the principles and content of this book are accessible to any individual. Effortless Pain Relief addresses the issues of chronic pain from a holistic perspective and attributes the most common cause of pain to be lifestyle habits. She states that by becoming aware of your physical body and emotions, problems can be alleviated and practical solutions are offered for reducing and even eliminating pain.

Effortless Pain Relief is sectioned into three distinct parts concentrating on causes of pain, your body and your feelings. Dr Bacci uses her case study examples throughout and recommends further reading resources on the subject. The focus is on stress-relief through practical breath exercises, body work and self-help techniques to resolve emotional conflict that can manifest as pain.

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