

# [PDF] Living Well With Pain And Illness: The Mindful Way To Free Yourself From Suffering

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## Description:

### About the Author

Vidyamala Burch has suffered from chronic back pain for more than 30 years due to congenital weakness, a car accident, and multiple surgeries. She is a cofounder of the well-respected Breathworks organization, which assists people experiencing chronic pain, illness, and stress in

managing their condition through meditation, body awareness, and creative life approaches.  
Vidyamala resides in the U.K.

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