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## Press Release - Possible Mind

### *Pain Control and Speeding Up Recovery with the Mind*

Have you ever wondered whether you can help yourself recover quicker or control your pain? If so, great! If not, you will be heartened to know that in times when you do need to control pain or heal quicker there is a lot you can do to make it happen.

The book 'Your Body, Only Better' shares 200 concise snippets of information, including techniques, examples and research to help anyone develop the belief that they, too, can have more control over discomfort and illness.

The first and third chapters explore the research and examples of how others have achieved a quicker recovery or reduced pain with their mind.

By sharing many different techniques, the second and fourth chapters empower individuals to find the best mind technique for them, helping to aid their recovery or pain management.

With the grounding of the research and examples, the techniques acquire a sense of inevitability about them, making them more powerful and helpful to individuals looking to alleviate discomfort or heal faster.

'Your Body, Only Better' is designed to be a starting point on the subject of controlling pain and speeding up recovery with the use of the mind. Readers wishing to discover more on the subject can use the 'Learn More' links, which appear throughout the book, to extend their knowledge further.

Tim Cridland, a pain management and healing expert - seen on Channel 4 and The Discovery Channel - said, "Mark Baker is one of the few people I have met who is actively pursuing the many methods of mental pain control and self-healing. He is an engaging, sincere person and I have learned some things from him, as I am sure you will, reading this book."

For further information, please contact Mark Baker at info@possiblemind.co.uk or visit books.possiblemind.co.uk for more details.

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#### NOTES TO EDITORS

To read a sample of the book please visit - <http://www.possiblemind.co.uk/the-your-body-only-better-sample.pdf> or for a full pdf or paperback version please contact Mark Baker on the details provided above.

