

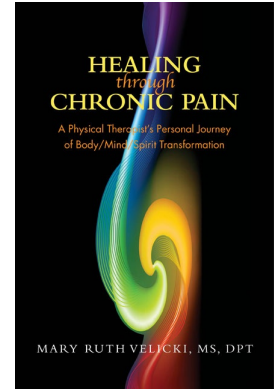
FOR IMMEDIATE RELEASE

September 22, 2013 | Los Angeles, CA

A PHYSICAL THERAPIST SHARES HER PERSONAL HEALING FROM CHRONIC PAIN *A MEMOIR FILLED WITH HOPE AND CONCRETE MANAGEMENT STRATEGIES*

Healing Through Chronic Pain bridges the gap between clinician and patient and between western, eastern and alternative sides of medicine to provide inspiration and support for people with chronic pain.

Mary Ruth Velicki, a physical therapist and university instructor, endured intense, debilitating pelvic pain for years. Determined to get better, she set aside her initial skepticism and tried a plethora of treatments from the Western, Eastern, and alternative sides of medicine. To her surprise, she underwent incredible healing that extended beyond her physical body to her full person and experienced many direct connections between her body, mind, and spirit. In *Healing Through Chronic Pain*, Mary Ruth recounts her five and a half-year journey of “healing through the layers” and personal transformation. Along the way, she shares the treatment strategies she used and the support she received from a team of professionals to move past the pain and to heal her whole being.



“Mary Ruth relates her honest and successful struggle with chronic pelvic pain in an easy to read and engrossing fashion. Her methods to recover a normal pain free life will help readers more than any pharmaceutical or ED visit. This is a MUST READ for anyone with chronic pain or interstitial cystitis.”

— *Carolyn Sachs MD, MPH. Clinical Professor, Emergency Medicine, University of California–Los Angeles*

Author Credentials:

Mary Ruth Velicki, MS, DPT, has been a physical therapist for over thirty years. Throughout her career, she has specialized in the rehabilitation of adults with neurological disorders. She spent eight years developing and teaching graduate courses for several universities, and she has published research in the journal *Experimental Brain Research*. After working diligently for years to recover from her own chronic pelvic pain, she now spends her time writing, speaking, and working with clients using a combination of physical therapy and alternative treatments.

Visit <http://healingthroughchronicpain.com> for contact details, media copies, and photos.

BOOK INFORMATION

Healing Through Chronic Pain: A Physical Therapist's Personal Journey of Body/Mind/Spirit Transformation

260 pp • paperback • \$16.00 • ISBN 9781490966618 | ebooks • \$9.99 • ISBN 9781483521848

Available through Amazon.com, BarnesandNoble.com, and most ebook formats.

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A SKEPTICAL PHYSICAL THERAPIST EXPERIENCES HOLISTIC HEALING *DIRECT EXPERIENCES OF THE BODY/MIND/SPIRIT CONNECTION*

The memoir, *Healing Through Chronic Pain*, includes fresh insights about the body/mind/spirit connection and healing as well as inspiration and concrete support for people with chronic pain.

Mary Ruth Velicki, a physical therapist and university instructor, endured intense, debilitating pelvic pain for years. Determined to get better, she set aside her initial skepticism and tried a plethora of treatments from the Western, Eastern, and alternative sides of medicine. To her surprise, she underwent incredible healing that extended beyond her physical body to her full person and experienced many direct connections between her body, mind, and spirit. In *Healing Through Chronic Pain*, Mary Ruth recounts her five and a half-year journey of “healing through the layers” and personal transformation.

"Healing Through Chronic Pain is an artful memoir of personal transformation, the well-written record of an intensely personal path toward healing, and the discovery that pain and suffering are different. I recommend this book highly."

—Carol M. Davis, DPT, EdD, MS, FAPTA, Professor Emerita, Department of Physical Therapy, University of Miami Miller School of Medicine

Author Credentials:

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