

Healing Through Chronic Pain

A Physical Therapist's Personal Journey of Body/Mind/Spirit Transformation

Synopsis

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-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.