

Testimonials

Healing Through Chronic Pain

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

Clinicians

“This well-written story outlines [Mary Ruth] Velicki’s personal journey to find healing from debilitating pelvic pain. As a trained physical therapist suffering from a chronic condition, Velicki’s unique background allows her to bridge the gap of misunderstanding that often exists between clinician and patient. For clinicians, the book provides an honest look into the daily struggles of a patient. For those who suffer from pelvic pain, this book will be a beacon of hope, comforting those who thought they were alone in their experience, providing encouragement and resources for all who search for healing of mind, body, and spirit.”

— **Jocelyn B. Craig, MD, Assistant Professor, Urogynecology and Female Pelvic Medicine, University of California–Irvine**

“Mary Ruth relates her honest and successful struggle with chronic pelvic pain in an easy to read and engrossing fashion. The key to her success is the fact that she took control of her condition and took the responsibility upon herself of getting well rather than expecting the traditional medical model to "cure her". Her methods to recover a normal pain free life will help readers more than any pharmaceutical or ED visit. I have referred many patients to Mary Ruth's work in the hopes of providing real help for recovery. 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**

"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. Mary Ruth Velicki remembers for us all how the healing path is an intensely personal journey that has a way of its own, that often stops us in our tracks and more than encourages us, forces us to examine our lives, our way of being in the world, and serendipitously leads us to choices that once we would never have dreamed making. These choices, unbeknownst to us previously, eventually lead us to hope, and the healing of more than the body's pain, the healing of the soul and spirit as well. We are changed. I recommend this book highly."

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

"An honest look at the challenges of healing chronic pain. Ms.Velicki takes us on a journey where grief, pain, and embarrassment transform into compassion, self-acceptance, and hope."

— **Dustienne Miller PT, MS, WCS, CYT, Physical Therapist, Women’s Clinical Specialist, Author of: Your Pace Yoga-Relieving Pelvic Pain**

“Mary Ruth’s story is a beautiful testament to the resiliency of the human spirit and the ability of the body to heal itself from the inside out. Her book gives all sufferers of chronic pain hope and proven tools to reverse the cycle of dysfunction. It also presents a strong case for the integration of traditional and alternative therapies in the treatment of any chronic illness or disease.”

— **Karen Axelrod, CMT/Diplomate-Certified CranioSacral Therapist**

“I thought you or your patients might be interested in a new book, Healing through Chronic Pain, that has just been published. I feel it would be inspirational to your patients. It chronicles Dr. Mary Ruth Velicki’s journey and trials and tribulations with chronic pain and her successful recovery. To her surprise she underwent incredible healing that extended beyond her physical body as she experienced the direct connections between her body, mind and spirit. You may be particularly interested in Chapter 11: Treating the Mind, Body, Spirit, where she describes Myofascial Release from her perspective of a patient and that of a therapist.”

— **John F. Barnes PT (written to therapists practicing the John F. Barnes Myofascial Release Approach)**

Readers with Chronic Pain

“As someone who changed her career from being a science, hard facts based engineer, to a Myofascial Release Therapist and also dealing with chronic low back pain, I am so happy that Mary Ruth wrote this book. She very clearly describes the transition from closed-minded western medicine to an awakening awareness of her own belief systems and how her pain led her on a journey to true self-discovery. A must read for anyone dealing with chronic pain, Mary Ruth tells her story in terms that anyone can understand and imparts a sincerity that is immediately credible. This book makes me feel like I am not alone in my journey, especially the realizations she makes about the pain going and coming in cycles and learning how to trust it and use it, rather than fear it. She describes Myofascial Unwinding in an approachable way that makes it easy for clients to make the leap necessary in their minds to being to contemplate a new way of healing. I have decided that her book should be recommended reading for all of my clients with chronic pain.”

— **Nicole Russo BS, LMT**

“Recently read your wonderful book. I can’t tell you how helpful it was as I begin my own journey with the pain clinic. Thank you for your bravery, honesty and compassion.”

— **Annie Buchanan**

“I can relate to Ms. Velicki’s book because I suffer from IC and a pelvic disorder myself and I had to leave my job and go on disability. The pain is insurmountable. You wouldn’t believe it unless you felt it yourself. When you read Ms. Velicki’s book you don’t feel alone in your pain. You find as time goes on you come into contact with people who ‘get it’ because they’ve ‘been there’.”

— **Lynne LaBianca**

“Great book describing a woman’s journey about healing by moving away from traditional scientific thinking to understanding the body as a whole (mind, body, and spirit) and how that led to relief from chronic pain. I’ve been through a very similar journey (just pain on a different location) and she hits everything spot on. I’d recommend this for anyone dealing with chronic pain.”

—**Hollywood (as written on Amazon.com)**

Readers without Chronic Pain

“Even though I do not suffer from chronic pain, the mind, body, spirit connection discussion was helpful on different levels. Mary Ruth’s life story is a good read on its own as her journey through life and pain is a very human tale. I recommend this book to people who are ready to take the next step up in their spiritual journey.”

— **Diane Julian**

“Mary Ruth Velicki has provided an intensely personal and powerful story of her own journey from painful physical and psychological misery and despair to a nearly pain-free state, but the transformation and its many routes and detours are fascinating. A captivating story of persevering, healing, and hope!”

— **Steve Fuller**

“Although about chronic physical pain, this book and the insights that Mary Ruth gives to us helps along the path of all pain...be it temporary but debilitating like hip, knee or back or ‘chronic’ in the sense of soul/heart pain. I have bought copies for several of my friends and family to help them along life in general...which we know always carries some pain. Thank you Mary Ruth Velicki!”

— **Leonita Sianez**

“Mary Ruth Velicki’s story is inspirational and provides hope for pain sufferers. She aptly relays her struggles on her journey to a pain free world - it is detailed and enlightening. She provides several avenues of treatments and resources. I admire her persistence, strength and courage.”

—**Ann Breeden**