



Book Summary

Title: *Pain Free for Life: The 6-Week Cure for Chronic Pain – Without surgery or Drugs*

Author: Dr. Scott C. Brady, MD; with William Proctor

Brief Description: In *Pain Free For Life*, Dr. Scott C. Brady – founder of Florida Hospital’s Brady Institute for Health – shares for the first time with the general public his dramatically successful solution for chronic back pain, Fibromyalgia, chronic headaches, Irritable bowel syndrome and other “impossible to cure” pains.

Entering the vast arena where surgery and drugs have failed, Dr. Brady leads pain-racked readers to a pain-free life using powerful mind-body-spirit strategies used at the Brady Institute – where more than 80 percent of his chronic-pain patients have achieved 80-100 percent pain relief within weeks.

In *Pain Free for Life*, Dr. Brady describes a common culprit in chronic pain – Autonomic Overload Syndrome (AOS). He explains why the American experience of Stress, Pressure and Repressed emotions leads to changes in the body that lead to chronic pain. He also explains why certain people are more apt to develop pain than others - due to their pain-prone personality. Finally, Dr. Brady leads the reader out of chronic AOS pain with his 6-week step-by-step program.

Dr. Brady’s treatment plan has enabled the overwhelming majority of his patients to overcome chronic-pain conditions including Chronic Back pain, Fibromyalgia, Chronic Neck and Shoulder pain, Sciatic nerve pain, Irritable Bowel Syndrome, Migraine and Tension headaches, Myofascial pain syndrome, and the anguish of insomnia

Audience: General public – with a particular focus on 10 million Americans who suffer from chronic Back pain ... 45 million with chronic Headaches ... 5 million with Irritable Bowel syndrome ... 4 to 6 million with Fibromyalgia (muscle tenderness and pain) ... and 22 million experiencing the torment of chronic Insomnia.

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