



Rehab the Mind, Revive the Body: Foundations for Healing (Paperback)

By Dr Justin C Lin

Rehab Revive Physical Therapy, United States, 2014. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****.Do a teenager with spastic and dystonic-quadruplegic cerebral palsy and a teen athlete in desperate pursuit of the perfect physique have anything in common? Is there a connection between an ethereal yet physically broken martial artist imprisoned in her own body and a perfectionist millennial with broken feet? How can an injury-stricken 33-year-old doctor with a ferocious desire to heal others connect these seemingly disparate stories? Why do we suffer through pain? Why do we choose the hardest path to healing? Does the mind rely on the body to leave the cycle of pain? These, and many other questions about the epidemic of chronic pain, sports injury, and our approach towards health and wellness are the crux of Rehab the Mind, Revive the Body - an inspirational account of one healer's journey to help patients overcome their limiting beliefs and injuries. Explore the intention to heal, your commitment to a healthy self, and the need for a shift in the paradigm of true healing. Follow the path of Dr. Justin Lin as he encounters...



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