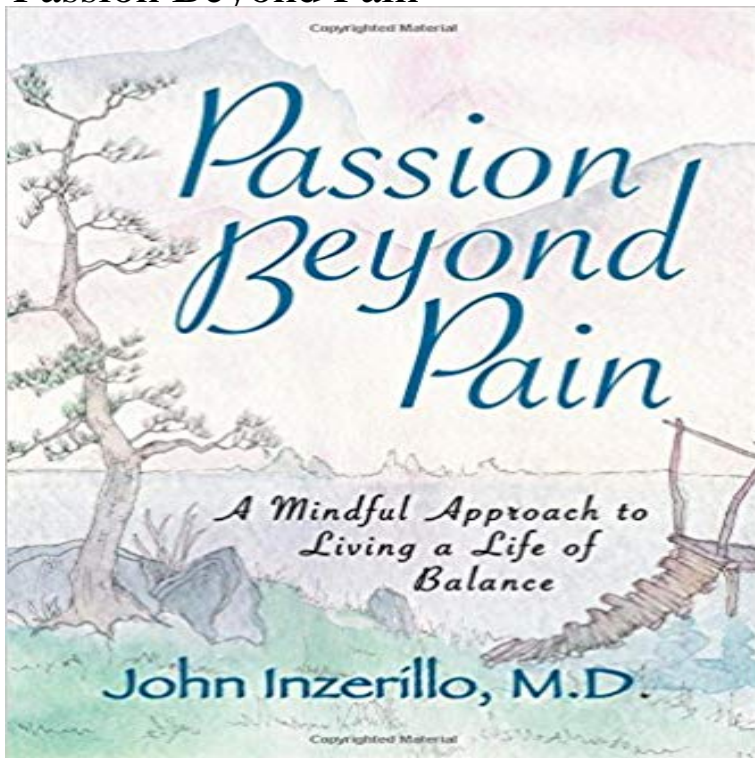


## Passion Beyond Pain



Beat physical illness or depression by taking charge of your health and find the keys to inner peace. (MORE) With more and more people making their own health care decisions, renowned cancer specialist Dr. John Inzerillo tackles the mind-body relationship and unlocks the secrets of how each affects the other. As populations age, there is a hunger for pathways to health and healing. It is just now that we are beginning to understand how to awaken that calm center within ourselves where we can enjoy physical and mental health, even when illness intrudes. Award-winning oncologist Inzerillo reveals how chronic pain, frailty and depression can be understood and healed both by the individual and the medical community. In *Passion Beyond Pain* he gently guides the reader towards the ever-moving goal of balance so that no matter what the ailment, contentment on a daily basis is truly possible. No hare-brained magical discourse, Inzerillo offers a powerful and peaceful journey on which to discover the capacity to heal that is within all of us. With an important new foreword by New Age yoga instructor Rodney Yee, *Passion Beyond Pain* reveals how you can be master of your own health and . . . # Heal the chronic pain that wont go away. # Meditate into a state that lowers your heart rate and blood pressure. # Teach yourself mindfulness to beat anxiety and depression. # Regain your sense of well-being and contentment. # Get in touch with that calm center within yourself. With *Passion Beyond Pain* setting the guideposts, you can plan on a life of longevity that is based on good health, an absence of pain, and well-deserved peace of mind.

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