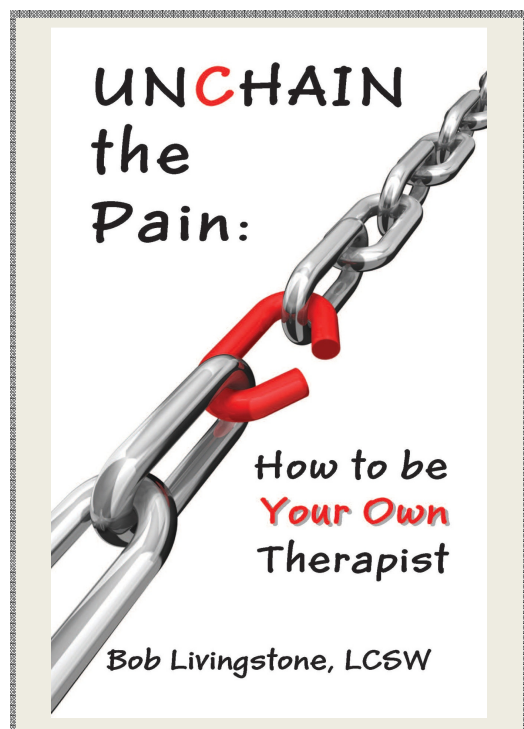


UNCHAIN THE PAIN:

How to be Your Own Therapist



Author: Bob Livingstone, LCSW

Publisher: Norlights Press

Category: Psychology, self-help

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Log line: Unchain the Pain is the first book that teaches how self-questioning can resolve internal conflicts and help readers discover joy in their lives.

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The answer to all your problems lies within you. . .

For years we've learned we can only figure out what makes us tick by seeking help from teachers, politicians, therapists, or celebrities. Bob Livingstone's Inquire Within Program shows we all have the power to heal ourselves and the wisdom to find answers to our most overwhelming questions. And yes, we can learn to tolerate the often-tumultuous process of discovering answers to the hard questions.

Inquire Within is a new model for self-discovery and recovery from psychological wounds. Therapist Bob Livingstone presents this material to readers for the first time in *Unchain the Pain: How to be your own Therapist*. This is the first book that teaches how self-questioning can resolve internal conflicts and help you discover joy in your life.

The Inquire Within Program can transform dysfunctional states to elation. *Unchain the Pain* is a breakthrough book; a tool all readers can use to teach themselves the benefits of self-analysis and come away happier and filled with a new perspective on their lives.

About the author

Bob Livingstone is a psychotherapist and licensed clinical social worker with a private practice in San Francisco. He is a member of the National Association of Social Workers and an associate member of The California Association for Marriage and Family Therapists. He is also a *Psychology Today* verified therapist. Bob is a frequent consultant with national media outlets, including radio, major television networks, newspapers, and magazines.



A unique therapist, Bob has worked for twenty five years with a variety of clients, including adults, teenagers and children. He facilitated an adult bereavement group for many years and has specialized in anger issues. He has worked with incarcerated women and also helped many children of divorced families.

The idea for the Inquire Within Program was conceived during a therapy session when Bob wondered, “What if I could teach folks to ask their own questions without a therapist in the room to guide them?” The innovative program he developed is presented in *Unchain the Pain: How to be Your Own Therapist*.

Bob also authored the critically acclaimed *The Body Mind Soul Solution: Healing Emotional Pain through Exercise*, Pegasus Books, 2007 and *Redemption of the Shattered: A Teenager’s Healing Journey through Sandtray Therapy*, Booklocker 2002.

Learn more about Bob Livingstone at <http://www.boblivingstone.com/>

Bob Livingstone has been featured in *The San Francisco Chronicle*, *The Miami Herald*, *The Dallas Morning News*, *The Hartford Courant*, *Natural Health Magazine*, *The Library Journal*, *Grand Magazine*, *Lee’s Summit Journal* and *Womansday.com*.

He has appeared with CNN.com, ABCNews.com, The New York Daily News.com, The Associated Press, *The Dallas Morning News*, *The Saint Louis Post-Dispatch*, *USA Today*, MSNBC, WCBStv.com, MSN, *The Christian Science Monitor*, The Detroit Free Press.com, *The Chicago Tribune*, *Natural Health* magazine, *Positive Thinking* magazine, Boston.com, *The Athens Banner-Herald*, OregonLive.com, San Francisco Examiner.com, Martha Stewart’s Satellite Radio Network, AOL Canada, WebMd and Womansday.com.

Bob’s articles were also published in DrLaura.com, Beliefnet.com, Sheknows.com, Ediets.com, Selfgrowth.com, Care2.com, Memory-of.com, Lovetoknowkids.com, The Therapist Magazine, and Psychotherapy.net.

What people are saying

“In *Unchain the Pain: How to be Your Own Therapist*, author Bob Livingstone – a therapist himself – has written a book valuable to these uncertain times. Although some circumstances may require professional psychological help, *Unchain the Pain* can provide most of us with all we need to heal the wounds chaining us to unhappiness and self-loathing. The Inquire Within technique described in these pages is a new model for self-discovery and recovery from psychological wounds. If you want to heal, be happier, and feel more fulfilled, do yourself a favor and work with *Unchain the Pain*. “

-- Sue Patton Thoele, author of *The Courage to Be Yourself* (Conari Press) and *The Mindful Woman*, (New Harbinger Publications)



“This book is a terrific reference for working through emotional pain and finding joy.”
– Harold H. Bloomfield M.D., author of *Making Peace with Your Past: The Six Essential Steps to Enjoying a Great Future* (Harper Paperbacks)

“The answer to all your problems is within you. This book offers a simple method of self-inquiry to help you understand why you do or feel as you do. Use it to change the negative self sabotaging thoughts, beliefs and behaviors that you are stuck in and find self-acceptance and peace.”

Gloria Arenson, MFT, author of *Five Simple Steps to Emotional Healing: The Last Self-Help Book You Will Ever Need* (Fireside)

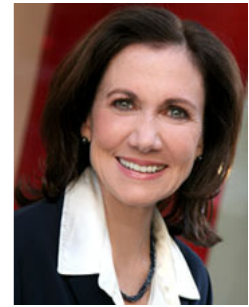


“*Unchain the Pain* is a rare gift to those who have suffered emotional pain, which is all of us. Bob Livingstone has demystified the therapeutic process and given anyone willing to invest the time and energy a sound, empowering, step-by-step process for self-healing.”

Abby Seixas, psychotherapist and author of *Finding the Deep River Within: A Woman's Guide to Recovering Balance and Meaning in Everyday Life*

“As a psychologist in private practice for over 25 years I've found patients can do a lot to help themselves using their own power to heal, if given the right tools. Bob Livingstone’s book, *Unchain the Pain: How to Be Your Own Therapist*, shows readers how to ask the right questions and utilize the answers to find their way toward feeling better about themselves.”

Vivian Diller PhD, author of *Face It-What Women Really Feel Like when their Looks Change*



“Bob Livingstone has written a powerful and practical book. *Unchain the Pain: How to be Your Own Therapist* is a book that will empower the reader, but does so with great patience and compassion; a book that offers wonderful hope and reassurance to heal and re-gain passion for life; a book that will be of enormous help to anyone who wants to make the most of their healing journey. So get a pen, or a blank page on your computer, and follow Bob’s gentle guidance and wisdom. You will be glad you did. I highly recommend this book.”

Thomas Roberts, LCSW, LMFT, author of *The Mindfulness Workbook: A Beginners Guide to Overcoming Fear and Embracing Compassion*

“Want to pull yourself up by the bootstraps but don’t exactly know how? *Unchain the Pain: How to be Your Own Therapist* shows you how to overcome chronic worrying, move beyond painful childhood issues, conquer feelings of emptiness and disappointment in yourself, and confront numerous other causes of psychological angst. You will learn how to access your internal wisdom and become your own best therapist. A must for those determined to make their life better!”

Susan E. Carrell, author of *Escaping Toxic Guilt: 5 Proven Steps to Free Yourself From Guilt for Good!*



“This innovative, beautifully-written guide provides a simple process everyone can follow, along with specific questions to ask, to uproot old patterns of anger, grief, or emotional pain and find happiness.”

Gracelyn Guyol, author of *Who's Crazy Here? Holistic Steps to Recovery for ADHD, Addiction, Anxiety, Depression, Bipolar Disorder, Schizophrenia and Autism*

“I highly recommend this book and Bob Livingstone’s work! I was captivated by every page. It gives the reader a sense of empowerment and control over their own emotional health issues.”

Chris Linares, creator of *Diva Dance*



From the Book

The Benefits of Self-questioning

If you're like many people, you've already spent much of your life exploring self-help groups, receiving therapy, or following the latest trends that promise mental health and serenity. Perhaps you gained solace from these activities, but you still feel something is missing. In spite of your best efforts, the people around you seem joyful, while your own good times are few and far between.

You wonder how it would feel to experience moments of bliss and contentment; to have an open, intimate relationship. What if you could love yourself and know for certain you're making a positive contribution to the world? What if you could go through a day without feeling anxious, fearful, or emotionally numb?

Perhaps you've resisted delving into your inner world. You believe self-exploration is a shallow invention of pop psychologists—a money making tool for charlatans. And yet, at least a dozen times a day you find yourself feeling lonely, lost, and afraid. Your best efforts to achieve happiness have left you floundering. For the first time in your life you feel ready to step outside your self-created limitations and discover joy.

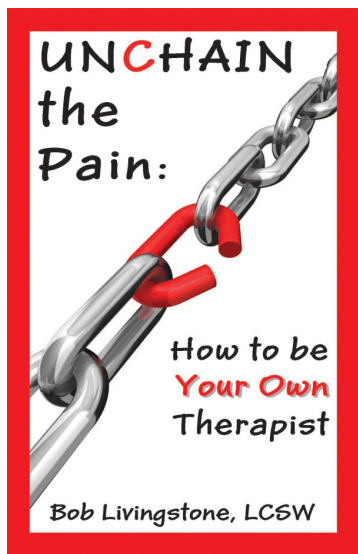
I'm glad you've chosen *Unchain the Pain* for this journey. Within these pages you'll find a dramatic and effective way to view your life and address the lingering issues that plague you. The heart of this method involves asking questions of yourself, much as a therapist or other trained professional would do.

What will you gain from exploring your life this way?

- *You will learn to be introspective*
- *You will discover how being introspective enriches your life.*
- *You will be more self-reliant and less dependent on others for approval.*
- *You will learn to be more patient with yourself and others.*

- *You will become emotionally unstuck.*
- *You will be able to resolve long-standing emotional issues.*
- *You will discover your place of wisdom.*
- *You will feel less depressed.*
- *You will be able to work through grief and loss issues.*
- *You will be less anxious.*
- *You will feel more confident and your self-esteem will increase.*
- *You will learn what it means to process your feelings.*

The Inquire Within process you're about to learn shows you how we each hold the answers to our own questions. This program asks you to trust that no one knows us better than we know ourselves. If we address our own questions honestly, we will find our own answers.



Bob Livingstone, LCSW