

The book was found

Delete Stress And Pain On The Spot



Synopsis

BOOK DESCRIPTION: Dr. Kam Yuen calls it THE SCIENCE of IMMEDIATE RESULTS. You will call it the BEST THING that has happened to you! If you're one of the hundred million Americans who wake up each morning knowing you'll have to struggle just to make it through another day, most likely your one wish is "TO HAVE MY LIFE BACK." The authors of this extraordinary book, Delete Pain and Stress on the Spot explain the groundbreaking Yuen Method, which ensures that you not only "can," but "will" enjoy such a life again and you need do nothing complex or miraculous to attain it. This isn't just another marketing ploy using catchy phrases and promising to change your life. Dr. Yuen and Marnie Greenberg have successfully deleted chronic pain, stress and illness on the spot in live demonstrations, on television and radio shows, at seminars, over the phone and on the internet for hundreds of thousands of people spanning the globe and have effectively taught the Yuen Method to thousands of others who have become certified practitioners and instructors in thirty countries. The results speak for themselves. THIS IS ALL ABOUT YOU. THIS IS YOUR TIME. THIS STUFF IS REALLY HAPPENING. For readers who have given up seeking a complete and permanent resolution of their problem, who have been forced to rely on coping and managing their pain/stress, this book will be a seriously mind-opening experience. When you follow the step-by-step program in Delete Pain and Stress on the Spot, you'll discover how the impossible will seem commonplace. You will learn: How to permanently and completely delete your PAIN, STRESS, ILLNESS and LIFE PROBLEMS, including FINANCES and RELATIONSHIPS on the spot for yourself and others. The reason any problem in your life persists is because your conscious mind is unaware of the true causes that brought about the problem in the first place. How to access your other levels of consciousness to determine which specific underlying weaknesses are the true causes/reasons/sources of your problem. How to delete these specific underlying weaknesses once they are found, on the spot, much as you delete unwanted e-mails. If you're experiencing stress or pain, don't pass up this landmark book! Scroll up and grab a copy today.

Book Information

Paperback: 140 pages

Publisher: Motivational Press, Inc. (January 13, 2015)

Language: English

ISBN-10: 1628651334

ISBN-13: 978-1628651331

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 116 customer reviews

Best Sellers Rank: #729,770 in Books (See Top 100 in Books) #35 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Medicine & Psychology](#) #112 in [Books > Health, Fitness & Dieting > Aging > Medical Conditions & Diseases](#) #710 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management](#)

Customer Reviews

COMMONLY ASKED QUESTIONS
Q. What are some examples of Chronic Pain problems that the Yuen Method resolves?
A. The two most common chronic pain problems are LOW BACK PAIN and HEADACHES
Chronic Pain:
1. Back pain/low back pain
2. Headaches-migraine/cluster/all others
3. Sports injuries (may be chronic or acute)
4. Joint problems, knee, elbow, wrist, shoulder, hip, ankle
5. Repetitive stress injuries
6. Arthritis, especially osteoarthritis
7. Fibromyalgia
8. Neck pain
9. Cancer pain
10. Menstrual pain
11. Crohn's disease, other gastro-intestinal problems
12. Facial ache or pain
Neuropathic Pain: (this is chronic pain that involves the nervous system)
1. Multiple Sclerosis
2. Nerve Damage
3. Carpal Tunnel Syndrome
4. Shingles
5. Diabetic Neuropathy
6. Sciatica
Emotional Aspects of Chronic Pain:
1. Frustration
2. Anger
3. Anxiety
4. Stress
5. Depression
THE YUEN METHOD IS USED TO FIND THE UNDERLYING WEAKNESSES OF EMOTIONS AND TO DELETE THE CUMULATIVE EFFECTS OF THEM.
Q. What is the difference between Chronic Pain and Acute Pain and can you use the Yuen Method on acute pain?
A. Chronic pain often starts out as acute pain. If the pain lasts more than ninety days it is reclassified as chronic pain.
THE YUEN METHOD CAN BE USED ON ANY CONCEIVABLE TYPE OF ACUTE PAIN.
Some examples are:
Acute Pain
1. Burns or cuts
2. Dental work
3. Whiplash
4. Post-surgical
5. Broken bones
6. Labor and childbirth
7. Sinusitis
8. Sore throat
9. Ear ache
Stress Trigger Points for Acute or Chronic Stress
Use the Yuen Method for any of the following:
1. Money/Financial Problems
Financial trouble is a common source of stress. Credit card debt, rent, the inability to provide for a family, or not being able to make ends meet can put a serious amount of stress on a person. According to the APA, 75 % of Americans say that finances are a significant source of stress in their life.
2. Work- Related

Problems Research has shown that pressure and conflict from a job can be a major source of stress for many people. According to the APA, as of 2011, it is estimated that 70% of Americans experience significant stress related to their work. 25% say WORK is the major cause of stress in their life.~ ~ Other studies show that 70% of Americans hate their job.a) Being UNHAPPY/BORED/UNINVOLVED in your jobb) Having a HEAVY WORKLOAD or TOO MUCH RESPONSIBILITYc) Working LONG HOURSd) Having POOR MANAGEMENT, UNCLEAR EXPECTATIONS of your work, or NO SAY in the DECISION-MAKING PROCESSe) TALENTS, GROWTH, OR CREATIVITY not being fosteredf) Working under DANGEROUS CONDITIONSg) Being INSECURE about your CHANCE FOR ADVANCEMENT or RISK OF TERMINATIONh) Having to give SPEECHES in front of colleaguesi) Facing DISCRIMINATION or HARASSMENT at work, especially if your company isn't supportive.

3. Relationships Problems~ ~ ARGUMENTS WITH A SPOUSE: The stress attributed to marital disputes definitely takes its toll not only on the people involved but on the marriage, as well. Spend ten minutes a day using the Yuen Method on yourself and your mate for two weeks and seriously, you'll be shocked at the serenity that ensues. Frequent arguments with parents or children can be just as stressful especially if you're living together. Problems among other members of the family, even when you're not directly involved, can cause additional stress. When you delete your own underlying weaknesses, you definitely will IMPROVE THE RAPPORT WITH YOUR CHILDREN, your PARENTS and your MATE.

4. Health Problems Aging, diagnosis of a new disease, complications from a current illness, and negative symptoms can increase stress. Even when someone close to you has health problems, it can increase your stress levels. The APA reports that the same percentage (55 %) of people report that their own health is causing them stress as those who report a family member's health problems are stressing them.

5. Life Changes The death of a loved one, changing jobs, pregnancies, bringing home a new baby, moving houses, divorce, and sending a child off to college are examples of big life changes that can be stressful. Even positive changes like retirement and getting married can cause a significant amount of stress.~ ~ 6. Constant Caregiving It's bad enough when you get sick yourself, but if you're the constant caregiver to a parent, a child, or a sick spouse, stress can accumulate rapidly.

7. Taking on Too Much There are lots of reasons we struggle with telling other people "no," even if we're already overloaded. Some people are bound by guilt or obligation. Others believe they really can do it all. ~ ~ Use the Yuen Method to strengthen yourself for saying NO.

8. Striving to Be Perfect Your meticulous nature and Type-A personality may be the source of much of your success -- but if the thought of making even a tiny mistake paralyzes you with fear, your perfectionism is definitely stressing you out.

9. Time Constraints Greater demands are being placed

on our personal and professional lives than ever before. More and more of us wake feeling overwhelmed with all we have to do. ã ã Use the Yuen Method to delete your chronic/acute stress and overwhelm.* Find the true underlying reasons/causes/sources for anyone's overwhelm/stress from money/financial, relationship, health and time constraint problems in seconds and delete them on the spot* Find the true underlying reasons/causes/sources of stress from perfectionism, life changes and constant caregiving and delete them* Strengthen yourself for being able to say "no" rather than taking on too much.ã ã * Experience ZERO OVERWHELM and STRESS at work, home and social settings...* Change your PAST - PRESENT - FUTURE effectively on the spot with regard to FINANCES, RELATIONSHIPS, HEALTH, PAIN and STRESS, FULFILLMENT and other LIFE PROBLEMS ã ã Q. ã ã Can any problem be permanently resolved in one session?A. Not always, but it will definitely be greatly improved. ã ã If there are remaining undetected weaknesses that have not been deleted, there will be a need for a second or even third session. The more complicated the problem, the longer the person has had it, and the older the person is, the more weaknesses there are that have accrued.ã ã

Q. How do we know this is not a placebo effect?A. Occasionally, the success of the Yuen Method has been attributed to a "placebo effect." We counter this by pointing out that over the years we have worked onã ã THOUSANDS OF ANIMALS achieving the same outstanding results. For example, we both recall when an elderly pet dog slowly limped down the aisle of a live demonstration, all the while whining at his owner. Within two minutes of non-touch treatment, with tail wagging and no visible limp, the dog ran at full speed back up the aisle and began barking. The owner was so amazed and touched by the change in her dog that she began to cry. It is difficult to argue this change was a "placebo effect."ã ã Q. Does the Yuen Method help with dieting?A. Consider following a diet and exercise plan. ã ã You may end up looking and thinking that you feel great. ã ã But what you really are doing is devoting enormous time, determination, and struggle to something that could happen naturally, automatically, effortlessly and with no attention on your part. If the underlying weaknesses causing weight gain were corrected and deleted from all parts of your mind, the solution would be permanent, without stress and in the process of being "corrected," your ego would become detached from the collective thought, ã ã "Never too thin! Thin is beautiful and will make me happy." Your mental energy then can be directed toward something which actually fulfills you.Q. Is belief required for the Yuen Method to work?A. No. We assure you that no belief is required.ã ã Q. What if I can't learn the technique from the book?ã ã A. Dr. Yuen offers free live Tele-Clinics usually on a weekly basis solving the problems of the first fifty people who call in. ã ã If

you like what you hear, you can sign up for one of the Tele-Courses where you will learn and experience the principles of the Yuen Method application as Dr. Yuen teaches the course.Ã Â Ã Â

Why The Yuen Method Is More Successful In Achieving Results As Compared to Other Techniques

Enthusiastically following some kind of game plan and strategy that has worked for others to solve your problems often sounds like an enticing and logical solution. Unfortunately, the underlying reasons that have created each and every one of your problems and that likewise have prevented your wants, needs and desires from manifesting, even the very nature of your specific desires themselves are never apparent to your conscious mind and cannot be permanently, completely and effortlessly resolved by any instrument of the conscious mind.Ã Â The true causes/reasons/sources (weaknesses) of any problem are buried in the subconscious and unconscious minds and are unique to each person. Ã Â Two hundred people can have the identical problem, let's say it's a physical problem, such as scoliosis.Ã Â The weaknesses causing this problem will be unique to each person, both in the number of weaknesses and what the weaknesses are. The Yuen Method has created a step-by-step process to isolate the precise weaknesses for any problem you can imagine. ANYONE CAN LEARN TO DO THIS.Ã Â THERE IS NOTHING EXTRAORDINARY ABOUT IT.Ã Â Ã Â So, that's the first step - find the weaknesses.Ã Â The second step is to delete each weakness permanently and completely.Ã Â The conscious mind has no ability to do this.Ã Â The conscious mind can rarely "let go" or release any emotion, belief or anything else based on an intention to do so, and a deletion is far more than just a release or a letting go.Ã Â Yet anyone can be taught to do a deletion in five minutes or less.Ã Â Ã Â That's the beauty of the method - it's easy to put into practice. You are also taught a method of strengthening yourself for being able to locate a weakness, delete a weakness, or in fact anything else you may want to do in life.Ã Â People who are applying the method for the first time are more shocked by the results than the person whose problem they have resolved.

[4/2016] Consider purchasing theÃ Â Yuen Method Geometric Life MapÃ Â that compliments this book and includes a more comprehensive and updated set of Yuen Method "shapes".With Yuen Method, you can find *your own* answers and shift on-the-spot.It's simple. Our energy holds all the answers. With Yuen Method, learn how to *intuitively* sense changes in your energy for what *really* affects you in a situation, instead of using only logic or thinking.FOR THOSE FAMILIAR WITH ENERGY WORKFor those with experience in energy work, but new to Yuen Method's way of intuiting or finding (the) energetic weaknesses, I've written some free articles that go into more detail based on my experience.- Energetic Testing => goo.gl/lakrfl- The Power of Numerical Profiling ->

goo.gl/PvwuFvBEGINNERSDr. Yuen and Marnie have done a good job summarizing Yuen Method for beginners and updating the materials (shapes we call them - triads, pentagons, hexagons, octagons) that were once pieces of the Mastery program. It looks like about half of the most important shapes are included in this book.[body - mind - spirit] for example, is a human life triad shape. What was lacking in the past was a clearer process and the 20+ or so basic "shapes" found in this book. With your new found skill of using intuition to find answers - "feeling" for strong/weak, even beginners can now identify and strengthen / clear the energetic weaknesses that are roots of symptoms.

BASIC STEPS Getting rid of symptoms with Yuen Method is about a) being neutral (to allow energetic "support" for something to **actually** change) b) identifying a weakness (only things that **weaken** our energy affect us) c) strengthening yourself to the weakness d) deleting the weakness and the effects

Dr. Yuen and Marnie put you in charge of your own health by giving you these simple but powerful tools.

BOOK CRITIQUE- This book could be tighter and jumps around a lot - "midline" isn't mentioned until page 62 (though it's mentioned in the videos).- Neutrality triad (as a pre-step) in video is redefined as a different one (pentagon) in book (experienced Yuen people would understand the distinction, new readers may not)- There is a list of shapes in the back; with "Pre-Steps", "Find Weakness", some lists of physical elements to scan - then the book ends. It would help to include a step of "what to do next" (if you sense no change or shift, etc).... (i.e. other elements of "perception" to clear to be aware of the change, how to continue in a recursive way. Some hints => [...]). There is a lot to like here about the expanded materials and detailed descriptions in this book.

SIMPLE, NEW WAY TO EXAMINE OUR ENERGY Yuen Method shows us a new way to process information; to view ourselves and our world in a more realistic and pragmatic way - based on - not what we **think** - but only at the **energy** of a situation - the way things really work. And, it gets **RESULTS**. Throw away today's conventional beliefs such as mindfulness or "the present" - and instead be aware of just past or future - to avoid being stuck... this is a very powerful set of concepts. Only with this new perspective will we achieve immediate results. Dr. Yuen has hundreds of free videos and audio content on the web; you can watch, listen and, along with this book, see if this modality resonates with you. The book does lead the reader to actual courses, and you can take them, but there is no obligation to. I'm looking forward to a second followup book that perhaps goes over karma or neutrality in a bit more detail than the few pages given - areas that are often major roots of our symptoms. My own background is as an experienced Yuen Method Certified Instructor and Coach and it is with this perspective that I submit this review.- Stephen -

NowEnergetics.com (based on Yuen Method), [...] (get to neutral)

Needs a good editor. I read and re-read to try to understand what was being said. It was largely philosophy repeated again and again. Disappointing. Somewhere in there is probably something good, but, whoa...the book needs an overhaul, writing clearly and concisely, which would result in a much more compact book. I hoped to get some good technique but some people can't convey what's in their head to others so it can be understood. In one critique, I'd say to the authors: Be more direct. Hire a good editor and take their advice.

The authors, Kim Yuen and Marnie Greenberg have brought my beliefs on pain and stress into the 21st century. I heard about this book from a friend who experienced the authors technique on physical pain and emotional issues for over 10 years. I now understand it's about identifying the underlying weak point to resolve the problematic area immediately! It really is revolutionary reading & I highly recommend it. I purchased two of these books to share one with a friend who I think will really benefit from the read. Kudo's to the authors!

One bright day a golden chance to change your life for the very best comes your way. I bought this book less than a month ago during a time when my life was going through a very challenging period. I started following the excercises with excellent results in every sphere of my life and it keeps improving as I learn more from it. I would like to thank Dr. Kam Yuen and Marnie Greenberg for making this amazing knowdlege available to humankind and also for all their generosity in all the extra material that they include with this wonderful book. I just wish that it was translated to other languages so that more and more people would benefit from it. It's like nothing you have ever read, a powerful self knowdlege tool to sail through life with marvelous instant results!

What they say is nice, but unlike other therapy books, this never gets to the real HOW TO IT. It seems they spend one hundred an something ph pages on a commercial to enter their courses or workshops. Didn't enjoy this. On the end I still don't know what it's ell about.

Can someone who understands this simplify for me? It is a start on simplifying Dr Yuen's teachings, and it can be simplified so much more!! have been reading it and at first it went along, then it started to become: how do you do that?Feel with perception, strengthen.... how do you strengthen?How do you test your accuracy of perception? It may take a few readings."On the Spot" makes it sound so quick and easy. It has to first be understood to be easy."Delete" makes it sound so complete. Sometimes there may be several things to delete. How do you discover them all?

Waste of money and time. There was no methods or techniques taught in this book at all. Do not expect to learn anything from it other than the author keeps on bragging how result oriented he is, but does not teach you to delete anything on the spot.

Some new techniques that are helpful. Dr Yuen and Marnie continue to come up with new protocols that work to resolve complex issues in an easy way, using his basic unique concepts that are quite different from standard protocols. The book teaches the material, but it takes some digging to figure it out. It is for the results-minded readers, and is stuff that actively needs to be done to learn and evaluate it, and to obtain surprisingly helpful results.

[Download to continue reading...](#)

Delete Stress and Pain On the Spot HOW TO DELETE BOOKS OFF YOUR KINDLE: A Complete Step by Step Picture Guide on How to Delete Books From All Kindle Devices Plus Paperwhite, HD Fire, iPad, iPhone, etc., in 2 Minutes, 2017 Latest Guide Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) Foot Pain: Ingrown Toenail: How To Become Stress Free And Easily Cure This Nasty Nail Disease Today From The Comfort Of Your Own Home (Foot Pain, Foot Problems, Foot Pain Relief, Foot Reflexology) Health & Power: Learn how to delete illness, pain and suffering using key Energy Testing Tools to discover the facts from your own body. Spot the Bird on the Building Site: Packed with things to spot and facts to discover! Scoliosis Prevention and Treatment: The Ultimate Guide to Health, Fitness, Dieting, Recovery and Growth: osteopathy, alternative medicine, yoga, contemporary ... Back Pain, Pain Relief, Pain Management,) Magical Swear Word. Adult Coloring Books: Relaxation and Stress reduction: 30 Stress Relieving Magical Sweary Designs : flowers, mandalas, patterns. ... Anxiety and Stress (Swear Word Coloring Book) MARIJUANA: Guide To Illness And Pain Management (Medical Marijuana, Pain Management, Cannabis, Epilepsy, Cancer Treatment, Chronic Pain) Classification of Chronic Pain: Descriptions of Chronic Pain Syndromes and Definitions of Pain Terms Fixing You: Hip & Knee Pain: Self-treatment for IT band friction, arthritis, groin pain, bursitis, knee pain, PFS, AKPS, and other diagnoses TMJ Temporomandibular Joint Dysfunction - Causes, Symptoms, Treatment, and Pain Relief For Your Jaw Pain (How to Get Rid of Jaw Pain & Headaches Due to TMJ) Knee Pain: Treatment for beginners - 2nd EDITION UPDATED & EXPANDED - Knee Pain Relief, Cure and Exercises to

overcome your knee problems (Knee Problems - Knee Pain Cure - Knee Hurt Book 1) Pain by The Authors of Pain: The debut poetry collection from WWE tag team and literary powerhouse The Authors of Pain. You Are Not Your Pain: Using Mindfulness to Relieve Pain, Reduce Stress, and Restore Well-Being---An Eight-Week Program 10 KEYS TO UNLOCKING HAND PAIN: Increase blood flow to ease pain & regain your strength, power & flexibility in 5 minutes a day (10 Keys to Unlocking Pain Book 2) Adult Coloring Books: Mandala for a stress relieving experience (mandalas, stress relief, reduce stress, coloring books, relax) How to Disappear and Start a New Life: How to Get a Complete New Identity Legally, How to Delete Yourself from the Internet How to Delete Books On Kindle: An Ultimate Guide to Decluttering your Kindle and Making the Most Use of it

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)