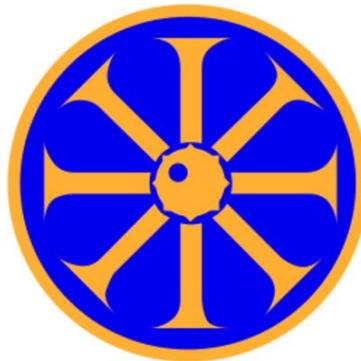
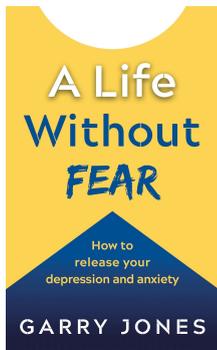


# A Life Without Fear. Breathing Your Way Out of Pain.



## Breathing Your Way Out of Pain

The natural thing we do when in extreme pain is hyperventilate. This is a spontaneous reaction to ensure the maximum amount of oxygen is supplied to the body and the elation of the bodies natural opiates will follow.

Convention usually tells us to relax and slow our breathing down. I am advocating you do the opposite. Breathe shallow and rapid until the natural opiates kick in. Flood the body with oxygen first.

Then you can allow the pain to just happen. Instead of fighting it and attempting to shut it out, just let it happen. Observe it if you will. If it is in a fight situation smile. Say thank you for the pain. It is a signal to tell you to pay attention to that area of the body and make a change.

If you put your hand on a hot surface you pull it away. Funny how we do not do that in emotional or mental pain!

If it hurts do something different.

Summary:

Pain, short sharp breaths until it alleviates.

(This can be emotional, physical or mental pain).

Try not to shut it out. The pain is saying "Pay attention". The more you try to shut it out and resist the more the pain will increase.

Allow it to happen and do something different.

Say "Thank You" for the valuable lesson you just experienced.

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Bye for now

Thank you

Garry 'Goldstar' Jones

Transformational Coach

Master Practitioner of Neuro Linguistic Programming and Hypnosis

Master of Martial arts

#1 best selling Author

International Speaker

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Biography

Garry Jones is a Transformational Coach, Martial Arts Master, an International Speaker and number best selling author.

He worked for twenty years in private industry, starting on the shop floor to become a General Manager responsible for 1,100 staff. It was in this environment that he discovered his passion for developing people, helping many attain top level careers worldwide.

Subsequent years of self-employment have given Garry a complete understanding of businesses both large and small, and the people who work within them.

He has a life long involvement with martial arts and alongside his successful coaching career, runs a Muay Thai boxing gym which combines his love of physical fitness with bringing out the very best in his students through his forty plus years of experience.

Garry has a strong belief in achieving measurable results quickly and effectively. His unique experiences in the worlds of business, martial arts, physical and mental health, and spiritual development combine to create positive, almost alchemical, change in the lives and businesses of his clients.

His Vision is to have a lasting impact on 300 million people of the world. To leave a legacy of more smiles in the world.

He lives with his family in Herefordshire,U.K. and works with clients on a national and international level creating bespoke solutions to many and varied issues, from 1:2:1 coaching to developing teams and leaders in multi-million pound businesses.

You can connect with Garry on:

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