

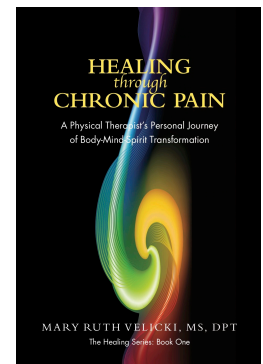
Mary Ruth Velicki 714-655-4225  
mary.velicki@gmail.com  
healing-body-mind-spirit.com

September 22, 2013 | Los Angeles, CA

## **A PHYSICAL THERAPIST SHARES HER PERSONAL HEALING FROM CHRONIC PAIN A MEMOIR FILLED WITH HOPE AND CONCRETE MANAGEMENT STRATEGIES**

*Healing Through Chronic Pain* bridges the gap between clinician and patient and between western, eastern and complementary sides of medicine to provide inspiration and support for people with chronic pain.

Mary Ruth Velicki, a physical therapist and university instructor, endured intense, debilitating pelvic pain for years. Determined to get better, she set aside her initial skepticism and tried a plethora of treatments from western, eastern, and complementary medicine. To her surprise, she underwent incredible healing that extended beyond her physical body to her full person, and she experienced many direct connections between her body, mind, and spirit. In *Healing through Chronic Pain*, Mary Ruth recounts her five and a half-year journey of “healing through the layers” and personal transformation. Along the way, she shares the treatment strategies she used and the support she received from a team of professionals to move past the pain and to heal her whole being.



### **Author Credentials**

Mary Ruth Velicki, MS, DPT, has been a physical therapist for over thirty years. Throughout her career, she has specialized in the rehabilitation of adults with neurological disorders. She spent eight years developing and teaching graduate courses for several universities, and she has published research in the journal *Experimental Brain Research*. After working diligently for years to recover from her own chronic pelvic pain, she now spends her time writing, speaking, and working with clients using a combination of physical therapy and complementary treatments.

Visit <http://healing-body-mind-spirit.com> for contact details, media copies, and photos.

### **BOOK INFORMATION**

---

Healing Through Chronic Pain: A Physical Therapist's Personal Journey of Body/Mind/Spirit Transformation  
268 pp □ paperback □ \$16.00 | ebook □ \$9.99 □ ISBN 13: 978-1490966618<sup>[1]</sup><sub>[SEP]</sub>

Available through [amazon.com](http://amazon.com)

-ENDS-

mary.velicki@gmail.com □ 714-655-4225 □ [healing-body-mind-spirit.com](http://healing-body-mind-spirit.com)