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EXPLORATIONS IN LIFE COACHING:

Healing the Mind and the Body

Life Coaching is an intriguingly powerful means to assist people to better health. In this report, Dr. Marlene Shiple, The Life Coach Dr., describes the beginning steps in the process of working to remove pain and relieve the debilitating effects of Arthritis.

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MariJane came to me seeking Life Coaching because – as she described it – she “had to create a worthwhile life or die”. She was not suicidal – careful screening showed this to be true. At the same time, by her own admission, she had dealt with debilitating arthritis for three years and “It has consumed by life! I hate my life!”

She went on to explain in a toneless voice, “I awaken in pain ... my day is marred by pain ... I do nothing but live in a medicated fog trying to dull the pain and survive.” “I can’t sleep. I’m too nauseated from pain and medications to eat.”

“I want to LIVE again,” she declared emphatically.

This is Dr. Marlene Shiple. I have a Ph.D. degree in Counseling Psychology. I am a Life Coach, a Hypnotherapist, a Sex Therapist and a Psychotherapist. I am also a survivor of 14 years of suffering the debilitating effects of rheumatoid arthritis. I no longer have arthritis – I participated in healing my body from this dreadful disease more than 30 years ago.

I have outlined my experience in a new book, [Arthritis Pain ... FREE!: Heal Arthritis Naturally – I Did, You Can, Too.](#) In this book, I describe my struggles, my searching – what worked AND what didn’t work, and my ultimate path to becoming [Arthritis Pain FREE!](#)

I want others to be able to follow the path I did ... with equal – or **better** – results! So, in this book, I outline the exact step-by-step practices which worked for me! Please read about it – and share it with everyone you know who deals each-and-every day with the pain and disability of arthritis.

MariJane said that she was willing to do “whatever it takes for as long as it takes” to restore her quality of life. She, further, declared, “I’ve got absolutely NOTHING to lose. I want to live again!”

So, we began treatment ...

She began regimen of daily breathing exercises. She set an alarm to ring hourly. Each hour, she used this reminder to take a “breathing break” – she took 15 slow, deep, mindful breaths. While doing this, she focused on exhaling fully; and, then, inhaling fully.

She read my book, [Arthritis Pain ... FREE!: Heal Arthritis Naturally – I Did, You Can, Too](#) and professed that she wanted to become pain-free, too. Right away, in that first session, we undertook hypnosis sessions for pain relief and to release mental-emotional blocks that had been holding her stuck in pain.

Through hypnosis, she discovered that she had been punishing herself for a “mis-step” that had occurred years before. We

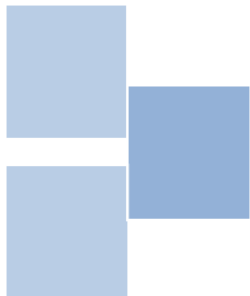
worked with forgiveness of herself and with building self-love. We focused on healthy self-care.

MariJane learned self-hypnosis and started to hypnotize herself three times a day. She used suggestions designed to [stimulate her subconscious mind](#) to activate her own body's ability to heal and her immune system to strengthen.

With the approval of her rheumatologist, MariJane started – slowly and gradually – to exercise daily. She engaged only in gentle stretching at first. She expressed her amazement that, as simple as this was, she was feeling much, much better and more alive.

MariJane started getting positive feedback from those around her. Her family members began to tell her how *pleased* they were “to have the old Mari back!”

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To learn more information about Life Coaching, I invite you to visit <http://thelifecoachdr.com>. For more information on the book Arthritis Pain ... FREE!: Heal Arthritis Naturally – I Did, You Can, Too!, just go to <http://arthritispain-free.com>. Remember: There IS help – check it out today!