**The Healing Series: Book One**

***Healing through Chronic Pain: A Physical Therapist’s Personal Journey of Body-Mind-Spirit Transformation***

In this instructive and insightful memoir, Mary Ruth Velicki combines her background as a physical therapist with her personal story of healing through debilitating pelvic pain to provide concrete advice, hope, and inspiration to those who are suffering. The author starts out scientifically-minded and skeptical of integrative therapies, but as she works to heal, Mary Ruth gradually discovers the body-mind-spirit connection. *Healing Through Chronic Pain* bridges the gap between traditional and more holistic perceptions of health. It also clearly demonstrates how suffering can become a catalyst for personal transformation.