



Black Belt Healing: A Martial Artist's Guide to Pain Management and Injury Recovery

David Nelson

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In *Black Belt Healing*, Dr. David Nelson uses both his training as a martial artist and his years of incorporating hypnotism as therapy for dealing with painful injuries into a how-to guide for martial artists.

The greatest opponent a martial artist will face is pain. This pain might manifest itself in the form of a traumatic injury or in the chronic aches and pains that come with such a highly physical activity. Whether a martial artist can continue his practice may be determined by pain management and mental discipline—the ability to cope with injuries and to heal quickly.

Using the layout of a dojo as a metaphor for the workings of the mind, Nelson explains how hypnosis can help a martial artist deal effectively with chronic or severe pain and the weapons that are readily available to anyone for fighting the negative energies of pain. *Black Belt Healing* also provides a series of self-guided trances that will help the martial artist invoke their own healing abilities, improving their health and allowing them to return to the dojo and continue to practice their chosen martial arts discipline.

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