



Berkeley Public Library

North Atlantic Books



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## March Get Well! Library Series to Feature Oakland Chronic Pain Specialist Maggie Phillips

Chronic pain therapist **Dr. Maggie Phillips** will speak in conversation with North Atlantic Books publisher and writer **Lindy Hough** at the 4<sup>th</sup> Alternative Medicine event sponsored by Berkeley Public Library and North Atlantic Books on March 20, 2010, from 2-4 p.m. at Berkeley Central Public Library in the 3<sup>rd</sup> floor Community Meeting Room.

Phillips uses a variety of methods—including medical hypnosis, EDRD (Eye Movement De-sensitization and Reprocessing, Somatic Experiencing (working with trauma) and Energy Psychology to help clients with anxiety, depression, panic, phobia, health imbalance, and chronic pain. Forget the medications, and explore how these body/mind methodologies can work for you.

Dr. Phillips gives lectures and workshops annually in the Far East, Europe, and the U.S., while maintaining a local practice in Oakland. “Ten Reasons People In Pain Don’t Heal and How They Can” is a popular presentation at conferences that explores how a ten-point program can address barriers to healing from a “bottom-up” as well as “top-down” perspective.

The first hour on March 20 will feature a public conversation between Dr. Phillips and Hough. The second half will be devoted to audience questions. Refreshments and a book signing of Dr. Phillips’ *Reversing Chronic Pain: A 10-Point All- Natural Plan for Lasting Relief* will follow. For more information on Dr. Phillips, visit [maggiephillipsphd.com](http://maggiephillipsphd.com).

North Atlantic’s goal with this four event series is to provide education on alternative healing by bringing leading authors before audience members for a year. Lindy Hough, Publisher of North Atlantic Books, and Douglas Smith, Deputy Director of the Berkeley Public Library developed **Get Well! Alternative Practitioners Talk With You About Healing**.

“The Library is excited to be working in partnership with North Atlantic Books to better serve readers’ interest in new approaches to understanding the interplay of mind, body, and spirit,” said Smith. “We’re pleased to be expanding our programming, outreach, and collections in these important directions.”

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