



Iris Paxino

**Living with the Pain**

**Leben mit dem Schmerz**

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### **How can we live with our pain?**

- Help for all who have to suffer pain or want to alleviate it.
- Enlightening, stimulating, strengthening.

What is pain? How do we learn to understand its language and deal with it?

Our life begins in pain and often ends in it, it is a faithful companion. It takes hold of us physically, sometimes warning, sometimes pinching, sometimes dull and speaking, sometimes overwhelming us.

Iris Paxino describes the bodily, mental and spiritual forms of pain and their significance for our lives as developing human beings.

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**Iris Paxino**, born in Bucharest in 1970, grew up in Romania, Greece and Germany. After training in languages and economics she studied psychology, literature and education in Stuttgart and Tübingen and completed her doctorate on the subject of near-death experiences. She has a psychological and biographical consultancy practice in Stuttgart and gives lectures and seminars in the field of anthroposophically oriented psychology.

