

The DOC Journey Webinar #14 “Directly Calming Your Body’s Stress Response”



12-02-20

General References:

The Myth of Self-Esteem by Dr. David Hanscom published January 17, 2020 in Psychology Today:

<https://www.psychologytoday.com/us/blog/anxiety-another-name-pain/202001/the-myth-self-esteem>

Link to learn more about the January *Solving Chronic Pain Summit: A New Pathway to Relief*:

<https://www.opencenter.org/solving-chronic-pain/>

The DNA Animations video that Dr. Hanscom showed a small portion of:

<https://www.youtube.com/watch?v=7Hk9jct2ozY>

Q&A with David Hanscom:

[Join every Tuesday and Thursday at noon Pacific Time](#)

[Sign up to receive group updates](#)