

Award-Winning Author Shari Emami, Unveils Breakthrough Chronic Pain Book: Poised to Transform Wellness Publishing

"BREAKING FREE FROM PAIN"

BY AWARD WINNING AUTHOR SHARI EMAMI
AVAILABLE ON AMAZON.COM

Breaking Free From
Pain: From Suffering To
Strength, My Own
Personal Journey With
Fibromyalgia And
Healing Modalities

Shari Emami H.H.P.



Available on
amazon

Pacific Palisades, California Sep 24, 2025 ([Issuewire.com](https://www.issuewire.com)) - Shari Emami, acclaimed holistic health practitioner and award-winning author recently featured in MBNews.live for her innovative approach to chronic pain and fibromyalgia, announces the release of her groundbreaking book *Breaking Free From Pain: From Suffering to Strength*. This inspiring and practical wellness guide is attracting strong attention from literary agents, bookers, and publishers seeking impactful health narratives with market power.

About the Book:

Breaking Free From Pain merges Shari's personal battle with chronic pain with evidence-based holistic healing modalities including nutrition, massage therapy, and mental wellness. The book addresses an urgent and underserved market of over 50 million worldwide sufferers of fibromyalgia and chronic pain.

Why This Book Commands Attention:

Spotlights a major global health issue with millions seeking alternative treatments.

Authored by a certified holistic health coach and chronic pain advocate with a growing platform and media recognition, including a recent feature in MBNews.live.

Blends heartfelt storytelling with actionable advice, appealing to wellness readers and advocacy communities alike.

Offers significant crossover potential for multimedia adaptations, speaking engagements [Shari Emami Author Spotlight, MBnews.live -Leading Health Platform Article](#)

Yes, View The Book

[Book View](#)

[Official Website](#)

[Visit Her Instagram](#)

Media Contact

Shari Emami Author

*****@gmail.com

Source : Shari Emami HHP

[See on IssueWire](#)

