

## ABOUT ESTHER GOKHALE



Esther Gokhale (Go-clay) has been involved in integrative therapies all her life. As a young girl growing up in India, she helped her mother, a registered nurse, treat abandoned babies waiting to be adopted. This early interest in healing led her to study biochemistry at Harvard and Princeton and, later, acupuncture at the San Francisco School of Oriental Medicine.

After crippling back pain during her first pregnancy and unsuccessful back surgery, Gokhale began her lifelong crusade to vanquish back pain. Her studies at the Aplomb Institute in Paris and years of research in Brazil, India, Portugal and around the world led her to develop the Gokhale Method<sup>SM</sup>, a unique, systematic approach to help people find their bodies' way back to pain-free living.

Gokhale has practiced acupuncture and taught posture, dance and yoga in her Palo Alto wellness center for the past twenty years. In addition, she has given lectures and presentations to medical schools, medical foundations, professional sports teams and corporations. [8 Steps to a Pain-Free Back](#) is the first book in her series, *Remember When It Didn't Hurt*. Gokhale lives in the San Francisco Bay Area with her husband and three children. Visit her on-line at [www.egwellness.com](http://www.egwellness.com).