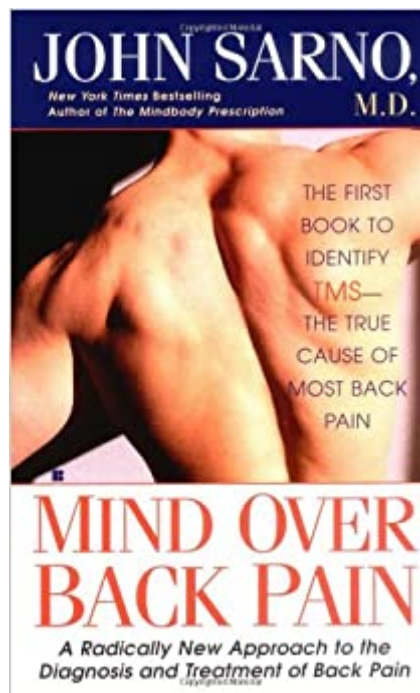




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# Mind Over Back Pain: A Radically New Approach To The Diagnosis And Treatment Of Back Pain



## Synopsis

This is the book that has given thousands of sufferers new hope--a gentle, effective way to find real relief from back pain, without painkillers, without surgery, without spending days on end in bed. Dr. John Sarno's revolutionary approach to back pain is based on his discovery that tension is the underlying cause of most back problems--leading to an often unrecognized condition called Tension Myotonia Syndrome. In this book--the first to explain the psychophysiology, manifestations, and treatment of TMS--you'll find clear steps, sensible advice, and simple illustrations to help you find relief, prevent future pain...and live life fully once again.

## Book Information

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## Customer Reviews

Dr. John Sarno is Professor of Clinical Rehabilitation Medicine, New York University School of Medicine, and attending physician at the Howard A. Rusk Institute of Rehabilitation Medicine, New York University Medical Center.

I cannot recommend this book highly enough. After years and years of chronic back issues, seeing chiropractors, x-rays, and pharmaceuticals (which I could not function with, so could not take) I read this book. It took about an hour, I immediately canceled my chiro appointment, and have been transformed since. I still experience intermittent back pain, but the tools this book has given me allow me to work through it vs having it escalate into weeks and months of debilitating pain. The best single piece of advice I can give to anyone who reads this book is, next time you have a spasm of

pain, stop and think, "was I just thinking about something causing me anxiety". Every time I have done this exercise the answer was YES and I have felt the pain ease.

This is what finally cured me of my back pain. I tried doctors, yoga, therapy, pilates, new chairs, pillows etc and the pain always eventually came back! finally finally I decided to try this (what can it hurt), and its genius! It took a while to fully implement but I knew right away he was onto something of substance and I now can say that I'm pain free for about a year - it's amazing!

Reading this for a second time I was just amazed at how powerful the mind is, and how our bodies function as a whole. It's hard not to be angry at the medical establishment for not doing more research and incorporating this man's work in to a standard back pain protocol. There's a great 60 minute television episode on Dr. Sarno's work. The journalist who covers the story has back pain, and his life is transformed by the work. His brother is a medical doctor who also has severe back pain. And he refuses to even try it because the concept is so antithetical to what his life's work is about, that he would rather suffer back pain than be cured by a "charlatan". I highly recommend everyone read it. The essence can be gotten in one sitting. If you have back pain, the work is in actually taking the time to apply it.

Mind over back Pain was given to me by the owner of the gym I go to. I was having back pain in the upper and lower back for months...living on creams, gels, advil, heating pads etc... I went to an orthopedist affiliated with a spine institute and after all pathology was ruled out I was told It was from too much exercise and I needed to go on a prescription anti inflammatory and stop all exercise and exertion until it is better. Rest-Rest Rest! I was upset because working out has been a big part of my life. I am a 52 year old woman who is 5'6" and 119 pounds and in excellent condition. I have worked out since I was 16 years old. I slowed down a lot and was very cautious, although still worked out and then I was told about Dr. Sarno's book. I was VERY skeptical at first to say the least. I read the book, became a believer and got better fairly quickly (within 2 weeks. I am forever a believer in the mind-body connection and Dr. Sarno. I have coincidentally run into other people that have read the book, even someone who went to Dr. Sarno years ago, and it helped everyone. I would recommend this book to anyone with any kind of back pain 100%.

I wish everyone would read this book. At first I was astonished at what Dr. Sarno was describing, but then I recognized myself and understood that what was happening to me was the same as he

described. That realization led to the self-awareness that restored my health. I had to make the effort to recognize myself, but that was little enough to do when the result was vanquishing my pain and getting my mobility back. I am in awe of Dr. Sarno and his understanding of the mind-body connection..

I can't say this got rid of my back pain but I it has helped and it took a big load off my mind from worrying that my whole spine would collapse or something. I suggest trying his method , give it your very best, and I think you will be better than you were before. I'm not sure that Dr. Sarno is 100 percent right in his theories, but he knows enough to make a difference in how you feel.

I gave a 5-star rating because this book has several anatomy pictures that help explain "the why" of sciatic nerve issues. Seeing all the many branches of the sciatic nerve running across the hip area and down the legs, a person readily can understand the reason for pain being experienced. The book reviews the field of psychosomatic medicine, that pain in our bodies is primarily mind and brain driven by the emotions created by our thought patterns. For detail about specific conditions of pain, read Dr. John Sarno's book, *The Mindbody Prescription, Healing the Body, Healing the Pain*.

The book pointed out a lot of things to me and made a lot of sense. After spending 25 years going to doctors, chiropractors, massage therapy, physical therapy and heeding all the advice of sitting up straight, keeping my abs strong, stretching, et cetera, Sarno cuts through all of that by getting to the source of most people's back pain. Anyone who has back pain or any kind of chronic pain needs to read this book. It's a life changer!

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