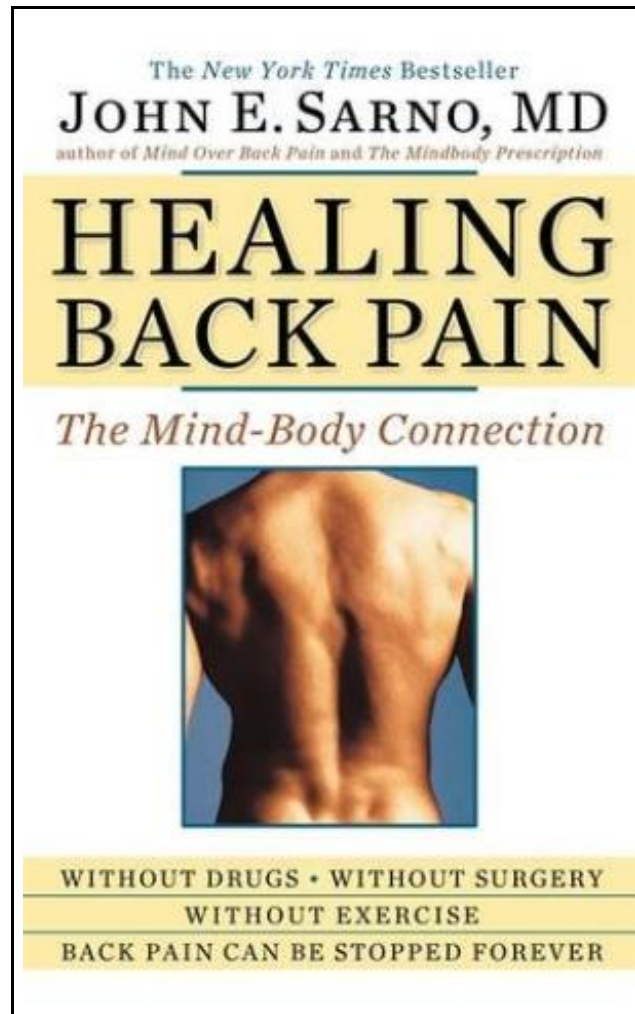


Healing Back Pain: The Mind- Body Connection



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Reviews

Extensive manual! Its this type of great read through. Sure, it is actually engage in, nonetheless an interesting and amazing literature. Its been written in an exceedingly simple way and it is simply right after i finished reading this pdf through which basically altered me, affect the way i believe.

(Mrs. Mertie Cummerata)

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Little, Brown & Company. Paperback. Book Condition: new. BRAND NEW, Healing Back Pain: The Mind- Body Connection, John E. Sarno, Dr John E. Sarno is a medical pioneer whose programme has helped thousands of patients overcome their back conditions - without drugs or serious surgery. Using his latest research into TMS (Tension Myositis Syndrome), Dr Sarno goes one step further: after identifying stress and other psychological factors in back pain, he demonstrates how many of his patients have then gone on to heal themselves without exercises or other physical therapy. Find out: Why self-motivated and successful people are prone to TMS; how anxiety and repressed anger trigger muscle spasms; how people 'train themselves' to experience back pain; how to get relief from back pain within two-to-six weeks by recognising TMS and its causes. With case histories and the results of in-depth mind- body research, Dr Sarno describes how patients recognise the emotional roots of their TMS and sever the connections between mental and physical pain.and how, just by reading this book, you may start recovering from back pain today.



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