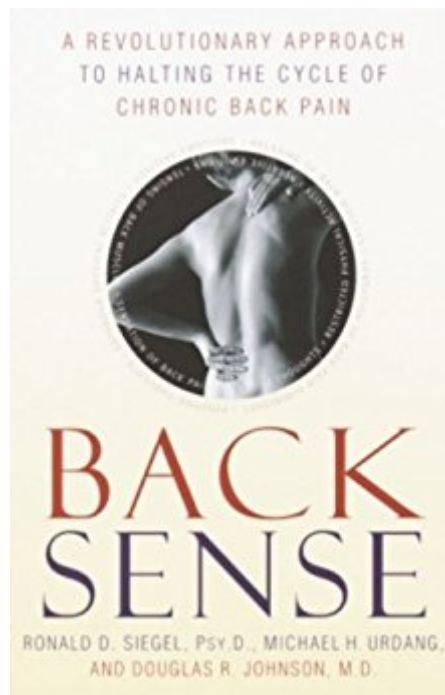




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Back Sense: A Revolutionary Approach To Halting The Cycle Of Chronic Back Pain



Synopsis

Understand your back pain in a whole new way and break the cycle forever. Back pain is a serious problem, disabling over 5 million Americans and costing society \$20 to \$50 billion annually. Until recently both doctors and patients have misunderstood its true causes and have unwittingly fostered the pain cycle. Back Sense is the groundbreaking book that promises to change the way we approach the problem by proving that almost all chronic back pain is caused by stress and muscle tension, rather than by damage to the spine. On occasion nearly everyone experiences short term back pain--from sore or strained muscles. But for many who come to treat their back gingerly because they fear further "injury," a cycle of worry and inactivity results, which actually increases muscle tightness and leads them to think of themselves as having a "bad back." In reality, most backs are strong and resilient--built to support our bodies for a lifetime. Contrary to popular belief, truly "bad backs" are extremely rare. While seemingly abnormal disks and other parts of the back are, in fact, often present in those who suffer chronic back pain, they are also frequently found in those who have absolutely no pain whatsoever. Back Sense uses the latest scientific research to discredit the perfectly understandable, but counterproductive assumption that back pain is caused by these "abnormalities." Drawing on their work with patients and studies from major scientific journals and corporations such as Boeing, the authors have amassed conclusive evidence proving that stress and inactivity are actually to blame. Since conventional treatments of back problems encourage excessive caution, most sufferers get trapped in a vicious cycle in which concern about pain and physical limitations leads to heightened tension, more pain, and further distress. The authors of Back Sense--all three are former chronic back pain sufferers themselves--have developed a revolutionary self-treatment approach that works. It allows patients to avoid the restrictions and expense of most other treatments. After showing readers how to rule out the possibility that a rare medical condition is the source of their problem, Back Sense clearly and convincingly explains how chronic back pain results from other factors. Building on this idea, the book systematically leads readers toward recapturing a life free of back pain. From the Hardcover edition.

Book Information

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Customer Reviews

As much as I like and respect Dr Sarno and his work, I have to say, Back Sense is better! Fantastic book, I'm not exaggerating; this book really spoke to me in a way Sarno's great books didn't. For one thing, Sarno speaks as a medical doctor, but not a psychologist, so when he covers the psych parts, I am sometimes doubtful, thinking he is just rehashing Freud. But when Siegel, a psych prof at Harvard expresses much the same ideas, I am more accepting. And Siegel also has the two MD co-authors, so the physical part is also credible. Sarno was the pioneer and will be remembered as such long after he is gone, but his intellectual heirs, including Siegel and others carry on and fine-tune his work. Meanwhile, laboratory and clinical science is everyday finding the evidence to back it all up.

Great book suggested by my doctor. Has helped many people with chronic pain conditions and is sitting on my shelf as part of my army against my pain.

After so many doctors, MRI, chiropractor.... a 10\$ book did the job.This is a must read for anyone with neck/back pain....

It was a good book to get your mindset in a better direction, but I do feel you should rely on your Dr's counseling on whether you have physical therapy.

I read this book in one day and it saved my life. This approach, along with the Sarno book Healing Back Pain, should be read by anyone suffering from chronic pain. Please read this before your next doctor's visit. You may want to cancel.

good information

Pain is debilitating and chronic pain zaps energy. All the focus is on the pain and a person reaches out for as many professionals as possible who would be the experts in getting rid of it. This book opens one's eyes to the possibility of managing one's own pain successfully, taking one's focus back to the simple tasks in life, understanding the thought patterns that exacerbate pain, and understanding and practising how to get back to normal movements.

It has helped a lot

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