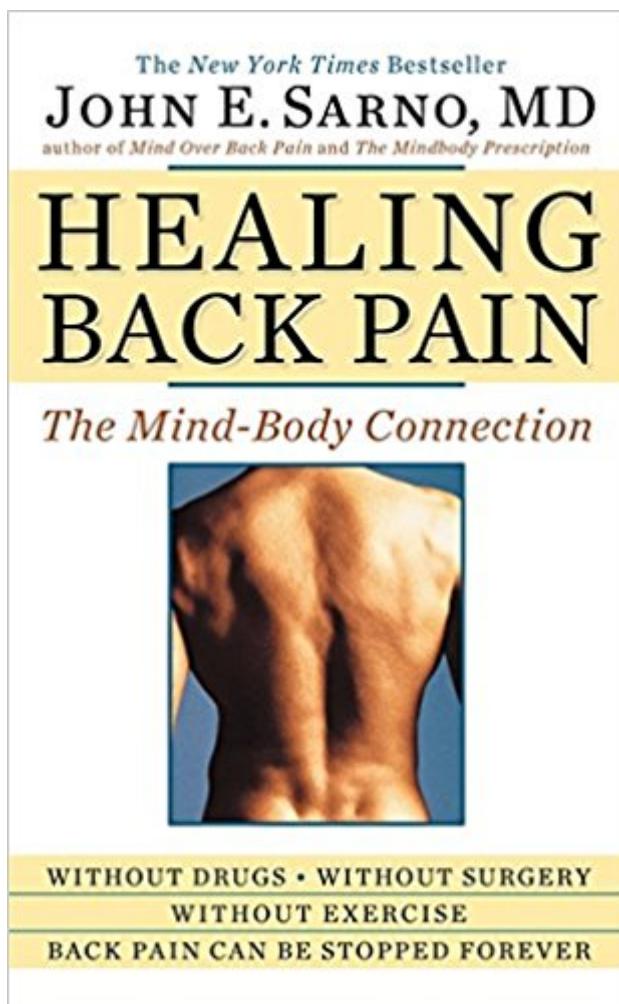


The book was found

# Healing Back Pain: The Mind-Body Connection



## **Synopsis**

Dr. John E. Sarno is a medical pioneer whose program has helped thousands upon thousands of people overcome their back conditions--without or drugs or dangerous surgery. Now, using his groundbreaking 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 gone on to heal themselves without exercise 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 you may get relief from back pain within two to six weeks by recognizing TMS and its causes. With case histories and the results of in-depth mind-body research, Dr. Sarno describes how patients recognize 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.

## **Book Information**

Mass Market Paperback: 240 pages

Publisher: Grand Central Life & Style; Reissue edition (February 1, 2010)

Language: English

ISBN-10: 0446557684

ISBN-13: 978-0446557689

Product Dimensions: 4.2 x 0.8 x 6.8 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 1,579 customer reviews

Best Sellers Rank: #455 in Books (See Top 100 in Books) #1 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Backache #1 in Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy #1 in Books > Medical Books > Allied Health Professions > Chiropractic

## **Customer Reviews**

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

After 3 years of chronic low back pain and neck pain, I am healing. John Sarno's diagnosis is the truth, medicine is WAY far behind in understanding the connection between emotions and illness,

especially chronic pain. I bought this book in February with very consistent, badly affecting pain everyday and am now down to a daily 1 or 0 in pain. My biggest advice is HANG IN THERE, the book says it takes 6-8 weeks to heal completely and it has taken me much longer than that, don't be discouraged if you are still in pain after that time frame. Everyone is different and it took me 3 months to get to where I am now but the results are UNBELIEVABLE, pain is almost nothing to me now and in time it will be nothing and chronic pain will only be a memory. Here are some KEY tips that helped me to heal:

1. Stop covering up your feelings. In the past, if someone said something offensive towards me, I would cover up the feeling by thinking about it, rationalizing why they said, what they said, the context, blah blah blah but the FEELING is what is important. My mind would say I'm not offended but the truth is I am. FEEL THAT FEELING and tell yourself it's ok to feel this. I am ok.
2. Stop letting your thoughts torture you. In the past I would let my head spin in worry for hours and hours, thinking oh maybe this will happen, but what if that happens. Take charge and say NO to your worry thoughts. It will suck for a while because worry is a habit and it takes time to break so you will be stopping your thoughts A LOT but eventually the worry slows down and dissipates. Channel that inner rage at your thoughts. Tell them to shut up! I wont take this abuse anymore, I deserve to feel good and I choose to feel hopeful.
3. Practice positive thinking and prayer. This will vibrationally help you to heal. Feed yourself POSITIVE ENERGY as much as you can, believe in your healing, no matter what the pain is telling you. Listen to My Morning Jacket, spend time in nature, get off Twitter and Instagram and all that noise, pet your dog, watch Joel Osteen, think about great things that have happened to you.
4. Journal. Write about what makes you angry, sad, scared, insecure. Write it out. I would oftentimes feel the repressed rage boiling up to the surface as I wrote. This is exactly what the pain is trying to distract you from, it is great to feel that rage there.
5. Cry, scream, beat the hell out of something. Get those emotions moving. If you have chronic pain, you have stale emotions sitting in you. Lay on your bed and breathe deeply into your belly, make a sound as you exhale, this helps to rouse the old emotions, bringing them to the surface. Keep breathing into it and cry it out, beat your pillow, whatever you're feeling.
6. Don't worry about setbacks. I had so many times where the pain would go down, only to come back with a vengeance. I was afraid I would never heal, but the fact that you can get it moving up and down like that at all shows that things are changing. Keep practicing, hold strong, and eventually the pain starts to lose the fight. Good luck and god bless.

This is the real deal. I am not paid by anyone to write this, I'm just a regular dude here to attest that the information contained in this book will heal you if you put faith into it and really stick to it. Just

about any kind of physical pain you have will be healed after reading this and giving it time. I've spent tens of thousands of dollars on different kinds of alternative health therapies and spent years of my life going to regular doctors and specialists to try to get back to where I was in life. None did it, save for Dr. John E. Sarno. Howard Stern once said that this man deserves the Nobel Prize. I HIGHLY agree with Howard. Sometime down the line, maybe 100 years from now, Dr. Sarno will be remembered as one of the most influential and greatest doctors this planet has ever seen. If you still don't believe me, shoot me a comment on this review and maybe we can chat via email. I used to walk around with a cane due to my pain and now I'm climbing mountains, back to work, sprinting, weight lifting, you name it. Good luck.

"There is a simple answer for everything but you CAN spend a lifetime looking for it." Luckily, thanks to Dr. Sarno, I didn't have to spend a lifetime looking...this time! My excruciating sciatica started about 2 months ago. Chiropractor didn't help. I finally went to my regular doctor fearing he would make the usual threats of spinal infections and surgery...he did. Searching internet for answers and relief I ordered every "fix" I could find from ortho pads, pillows and Dr. Sarno's book. I knew he was onto something about the stress, fear, anger, rage in my gut but somehow, even after reading the book, I didn't get how to apply it. I think my sorry trickster brain needed confirmation of its validity. I found it in a youtube copy of a 20/20 piece on Dr. Sarno. I've watched it 3 times, everytime I start to doubt all this again. I am typing this after making a 500 mile trip I couldn't avoid in a rough F250. Driving/sitting have been excruciating up to now. I can't say I was totally without pain but, ooooooh, so much better than it has been for weeks. I know now I will be one of Dr. SARNO's success stories and I am so grateful I didn't have to go thru years of pain, treatments and needless surgery before finding his book. Thank you, Dr. Sarno, from the bottom of my heart.

I read Dr Sarno's first edition of this book over 12 years ago. It 'cured' me of a back issue and also a friend facing surgery for her back problem. I gave the book away and had forgotten about it. Facing another back issue, I refused to give in to X-Rays and an MRI for what I believe was an emotional response to events going on in my life at the time. I never forgot Dr Sarno's name. Ordering his new edition, it took reading less than half the book to resolve my back 'problem'. Realizing our emotional and physical wellbeing is tied together is the first step in affecting change. Dr Sarno makes sense. If you believe in your body's ability to heal itself, you are ready for this book.

I had severe back pain about 15 years ago and did the usual Dr. to Chiro to Dr, with pills, massage,

adjustments, etc. Nothing worked.. My brother sent this book to me because it had cured him, and I had plenty of time to read it because I was flat on the floor and couldn't get up... The book cured me too and I've not had a bit of a problem since! I've purchased about six copies over the years whenever a friend or relative starts going through what I went through. Success every time. To address the question of placebo effect vs. actual resolution, WHO CARES!!! If it works, it works, whatever the reason. It's too bad the medical community ignores this.

[Download to continue reading...](#)

Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Irritable Bowel Syndrome & the Mind-Body Brain-Gut Connection: 8 Steps for Living a Healthy Life with a Functiona (Mind-Body Connection) Healing Back Pain: The Mind-Body Connection Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) Magical Mind, Magical Body: Mastering the Mind/Body Connection for Perfect Health and Total Well-Being Irritable Bowel Syndrome & the MindBodySpirit Connection: 7 Steps for Living a Healthy Life with a Functional Bowel Disorder, Crohn's Disease, or Colitis (Mind-Body-Spirit Connection Series.) Mind Over Back Pain: A Radically New Approach to the Diagnosis and Treatment of Back Pain Yoga for Pain Relief: Simple Practices to Calm Your Mind and Heal Your Chronic Pain (The New Harbinger Whole-Body Healing Series) Healing Back Pain Naturally: The Mind-Body Program Proven to Work Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Crystal Healing: Charge Up Your Mind, Body And Soul - Beginner's Journey (Crystal Healing For Beginners, Chakras, Meditating With Crystals, Healing Stones, Crystal Magic, Power of Crystals Book 1) Crystal Healing: Charge Up Your Mind, Body And Soul - Beginner's Journey (Crystal Healing For Beginners, Chakras, Meditating With Crystals, Healing Stones, Crystal Magic, Power of Crystals) (Volume 1) Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Scoliosis Prevention and Treatment: The Ultimate Guide to Health, Fitness, Dieting, Recovery and Growth: osteopathy, alternative medicine, yoga, contemporary ... Back Pain, Pain Relief, Pain Management,) 8 Steps to a Pain-Free Back: Natural Posture Solutions for Pain in the Back, Neck, Shoulder, Hip, Knee, and Foot The Back Pain Book: A Self-Help Guide for the Daily Relief of Neck and Low Back Pain Back

Pain: How to Relieve Low Back Pain and Sciatica Fight Back Pain: Healing Backache, Strenghtening Muscles and preventing pain (Live Long Live Health Books) The Better Bladder Book: A Holistic Approach to Healing Interstitial Cystitis & Chronic Pelvic Pain[ THE BETTER BLADDER BOOK: A HOLISTIC APPROACH TO HEALING INTERSTITIAL CYSTITIS & CHRONIC PELVIC PAIN ] by Cohan, Wendy (Author ) on Nov-09-2010 Paperback

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)