

Healing Back Pain: The Mind-Body Connection

By *John E. Sarno*


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One of the world's foremost back doctors examines new treatments to relieve pain without exercise, meditation, or physical therapy.

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Healing Back Pain: The Mind-Body Connection By John E. Sarno Bibliography

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Editorial Review

Amazon.com Review

Healing Back Pain promises permanent elimination of back pain without drugs, surgery, or exercise. It should have been titled *Understanding TMS Pain*, because it discusses one particular cause of back pain--Tension Myositis Syndrome (TMS)--and isn't really a program for self-treatment, with only five pages of action plan (and many more pages telling why conventional methods don't work). According to John E. Sarno, M.D., TMS is the major cause of pain in the back, neck, shoulders, buttocks, and limbs--and it is caused not by structural abnormalities but by the mind's effort to repress emotions. He's not saying that your pain is all in your head; rather, he's saying that the battle going on in your mind results in a real physical disorder that may affect muscles, nerves, tendons, or ligaments. An injury may have triggered the disorder, but is not the cause of the amount or intensity of the resulting pain. According to Sarno, the mind tricks you into not facing repressed emotion by making you focus on pain in the body. When this realization sinks in ("and it must sink in, for mere intellectual appreciation of the process is not enough"), the trick doesn't work any more, and there's no need for the pain. (*Healing Back Pain* should not be used for self-diagnosis. Always consult a physician for chronic or acute back pain.) --Joan Price

From Library Journal

This best seller was first published in 1991, but no one ever bid for the audio rights. Now, Sarno will narrate his own work.

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Review

"My life before Dr. Sarno was filled with excruciating back and shoulder pain. For twenty years I also suffered from obsessive-compulsive disorder and thought my back pain was due to my height or some sort of spine problem and that my OCD was a chemical imbalance and only treatable with medication. But all my thoughts were wrong. Imagine the miracle in my life when in a matter of weeks my back pain disappeared. Imagine my shock when I applied Dr. Sarno's principles and never suffered a single symptom again. Quite simply - I owe Dr. Sarno a lot." - Howard Stern

"For fifteen years, my life revolved around my back. I took time off from work, conducted meetings lying on the floor and slept with ice bags. Could this be psychogenic? I had considered Dr. Sarno's ideas preposterous, but ten years ago I was talked into seeing him. I haven't had back problems since. If Dr. Sarno is right a about other psychogenic pain, America is wasting billions of dollars. What a tragedy." - John Stossel, correspondent, *20/20*

"John Sarno has changed my life and the lives of all the people to whom I have recommended him. He was healing patients with the mind-body connection long before anyone else I know. He is a true miracle worker." - Ann Bancroft

Users Review

From reader reviews:

Mike Jones:

Why don't make it to become your habit? Right now, try to prepare your time to do the important take action,

like looking for your favorite e-book and reading a guide. Beside you can solve your condition; you can add your knowledge by the reserve entitled Healing Back Pain: The Mind-Body Connection. Try to make book Healing Back Pain: The Mind-Body Connection as your good friend. It means that it can being your friend when you experience alone and beside that of course make you smarter than ever. Yeah, it is very fortunated in your case. The book makes you far more confidence because you can know every little thing by the book. So , we should make new experience and knowledge with this book.

Joanne Starks:

Do you among people who can't read gratifying if the sentence chained inside straightway, hold on guys this particular aren't like that. This Healing Back Pain: The Mind-Body Connection book is readable by you who hate the perfect word style. You will find the info here are arrange for enjoyable examining experience without leaving also decrease the knowledge that want to supply to you. The writer of Healing Back Pain: The Mind-Body Connection content conveys objective easily to understand by many people. The printed and e-book are not different in the information but it just different in the form of it. So , do you continue to thinking Healing Back Pain: The Mind-Body Connection is not loveable to be your top list reading book?

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Iris Wright:

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