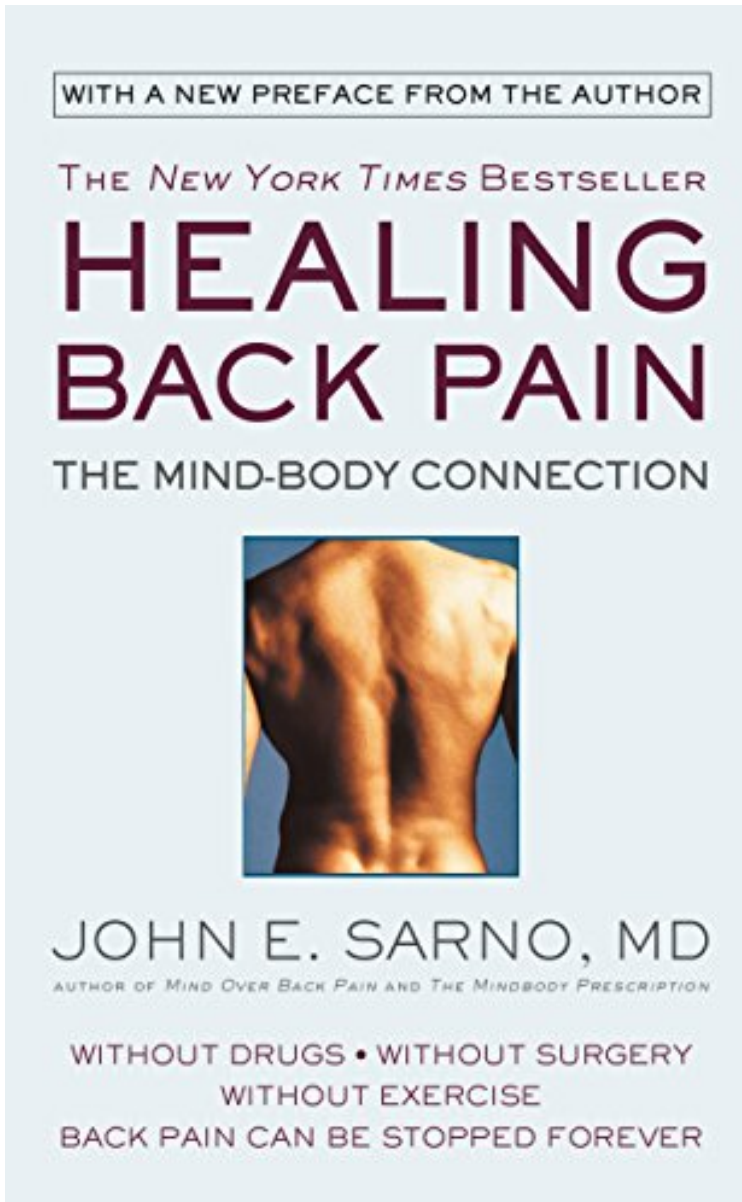


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# Healing Back Pain: The Mind-Body Connection (English Edition)



*Par John E. Sarno*  
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**Par John E. Sarno : Healing Back Pain: The Mind-Body Connection (English Edition)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Healing Back Pain: The Mind-Body Connection (English Edition):

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**Description :** Description du produitDo you have to "baby" your back? Does back pain keep you from living a full life? You may be suffering from TMS, or Tension Myositis Syndrome. And you don't have to take it anymore!Dr. John E. Sarno, M.D., a medical pioneer whose program has helped thousands overcome their back conditions without drugs or dangerous surgery, identifies stress and other psychological factors in back pain, and demonstrates how many of his patients have gone on to heal themselves without exercise or other physical therapy. By learning how to recognize TMS and its causes, you could experience sweet relief within two to six short weeks.Discover:o How anxiety and repressed anger trigger muscle spasms o Why self-

motivated and successful people are prone to TMS. So how people "train themselves" to deal with back pain. Techniques to finally rid yourself of back pain. With case histories and the results of in-depth mind-body research, Dr. Sarno describes how patients can recognize the emotional roots of TMS and sever the connections between mental and physical pain--and how, just by listening to this program, you may start recovering from back pain today! **WITHOUT DRUGS WITHOUT SURGERY WITHOUT EXERCISE** BACK PAIN CAN BE STOPPED FOREVER. Do you have back, neck, or shoulder pain that won't go away?

Presentation de l'auteur Dr. John E. Sarno's groundbreaking research on TMS (Tension Myoneural Syndrome) reveals how stress and other psychological factors can cause back pain--and how you can be pain free without drugs, exercise, or surgery. Dr. Sarno's program has helped thousands of patients find relief from chronic back conditions. In this New York Times bestseller, Dr. Sarno teaches you how to identify stress and other psychological factors that cause back pain and demonstrates how to heal yourself--without drugs, surgery or exercise. Find out: Why self-motivated and successful people are prone to Tension Myoneural Syndrome (TMS) How anxiety and repressed anger trigger muscle spasms How people condition themselves to accept back pain as inevitable With case histories and the results of in-depth mind-body research, Dr. Sarno reveals how you can recognize the emotional roots of your TMS and sever the connections between mental and physical pain...and start recovering from back pain today..com 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. Copyright 1999 Reed Business Information, Inc.