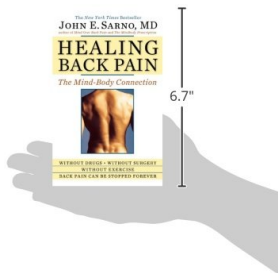


# [PDF] Healing Back Pain: The Mind-Body Connection

John E. Sarno - pdf download free book

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## Books Details:

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## Description:

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.

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