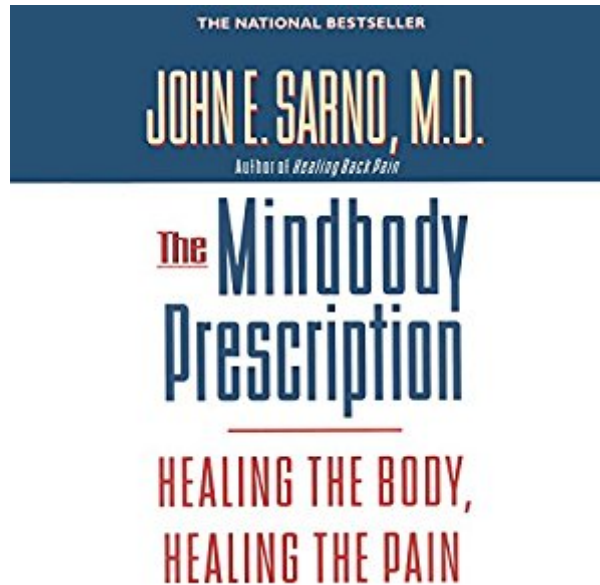


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# The Mindbody Prescription: Healing The Body, Healing The Pain



## Synopsis

Dr. John E. Sarno's *Healing Back Pain* is a New York Times best seller that has helped over 500,000 readers. Continuing the research since his ground-breaking book, the renowned physician now presents his most complete work yet on the vital connection between mental and bodily health.... Musculoskeletal pain disorders have reached epidemic proportions in the United States, with most doctors failing to recognize their underlying cause. In this acclaimed volume, Dr. Sarno reveals how many painful conditions - including most neck and back pain, migraine, repetitive stress injuries, whiplash, and tendonitis - are rooted in repressed emotions... and shows how they can be successfully treated without drugs, physical measures, or surgery. His innovative program has already produced gratifying results for thousands of patients. *The Mindbody Prescription* is your invaluable key to a healthy and pain-free life.

## Book Information

Audible Audio Edition

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## Customer Reviews

This is a fantastic book and Dr. Sarno has done invaluable, scientifically sound work. Now, how do we make his knowledge work for us; how do we start applying it right away? First, a few of the basics. 1. There is no way to utilize Dr. Sarno's research without dealing with the psychology of our unconscious minds. Most people are unfamiliar with this, so it takes some getting used to. If you have any skepticism regarding "the unconscious brain," maybe even doubting its existence, then this will be a barrier for you in benefiting from Dr. Sarno's research. Try to be open-minded and unafraid to own up to your own repressed emotions. A common mistake made by many health

professionals is to cite conscious emotions as the cause, or part of the cause, of various health problems. For example, when I handed my doctor a copy of Sarno's book, he said, "I am already well aware that 'stress on the job' is the #1 cause of back pain." But simply saying "stress" or "tension" is the culprit misses the point! We have to accept that it is our job to root out the sources of our repressed, uncomfortable feelings that are currently hidden from us.<sup>2</sup> That said, we don't have to change those feelings or make them vanish. Rather, we have to try to bring them to light and, if possible, sit with them. Once our attention is on the emotions, day in and day out, then the purpose of the pain or other distraction fades away.<sup>3</sup> Dr. Sarno's treatment program is not aspirin. You don't pick up his book on the days you hurt and then throw it down when you feel better. Dr. Sarno's books are a long-term means for us to re-think how we understand pain and bodily disorders (turns out that most of them are not pathological).

This man may very well be a genius. Or a great discoverer, like Christopher Columbus. While I may have a humorous introduction, take me seriously. I am a skeptic to the nth degree. A cynic, and suspicious of all new theories in the world of science and medicine. But! The truth is, John Sarno is a legend, and an incredibly important hero. I was in the hospital four times in four years for my chronic back pain. Doctor after doctor spoke to me about potentially slipped discs, nerve damage, sciatica, blah blah blah. THEN, in 1995 the American Medical Association published a study regarding back pain, which a Doctor at Cedars-Sinai Hospital in Los Angeles mentioned to me. The doctor told me, "Josh, I need to tell you that the Journal of the American Medical Association published a study earlier this year, and I think they're right. Your back pain is severe, but you need to ask yourself why your back pain comes back, treatment after treatment. If us doctors really knew how to treat back pain, we'd have cured you. There is nothing physically wrong with you." I was shocked. Then, on the recommendation found in Howard Stern's books, "Private Parts" and "Miss America" (yeah, I know, laugh all you want), I picked up John Sarno's MIND OVER BACK PAIN. I could not believe any of this. But it's true. I have had NO BACK PAIN IN FIVE YEARS. I'm free. Folks, prior to this, I WAS IN TOTAL CRIPPLING AGONY. Nowadays, when I feel a tinge in my back, I remind myself that it's my body reacting to tension or anger or a similar emotion or other imbalance in my state of mind. And now, the back pain is gone in SECONDS.

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Guidlines for Exercise Testing and Prescription) Prescription for Nutritional Healing: the A to Z Guide to Supplements: Everything You Need to Know About Selecting and Using Vitamins, Minerals, ... Healing: A-To-Z Guide to Supplements) Healing Back Pain: The Mind-Body Connection Yoga as Medicine: The Yogic Prescription for Health and Healing Wall & Melzack's Textbook of Pain: Expert Consult - Online and Print, 6e (Wall and Melzack's Textbook of Pain) Bonica's Management of Pain (Fishman, Bonica's Pain Management) Pain Relief: Manage and Eliminate Pain, Accelerate Recovery, and Feel Better You Are Not Your Pain: Using Mindfulness to Relieve Pain, Reduce Stress, and Restore Well-Being---An Eight-Week Program The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma Healing Sex: A Mind-Body Approach to Healing Sexual Trauma Self-Healing with Sound and Music: Revitalize Your Body and Mind with Proven Sound-Healing Tools Mindfulness Meditation for Pain Relief: Guided Practices for Reclaiming Your Body and Your Life As my body attacks itself: My journey with autoimmune disease, chronic pain & fatigue Internal Cleansing : Rid Your Body of Toxins to Naturally and Effectively Fight Heart Disease, Chronic Pain, Fatigue, PMS and Menopause Symptoms, and More (Revised 2nd Edition) The Body in Pain: The Making and Unmaking of the World Myofascial Pain and Dysfunction: The Trigger Point Manual, Vol. 1 - Upper Half of Body Autogenic Training: A Mind-Body Approach to the Treatment of Chronic Pain Syndrome and Stress-Related Disorders (Mcfarland Health Topics) Autogenic Training: A Mind-Body Approach to the Treatment of Fibromyalgia and Chronic Pain Syndrome

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