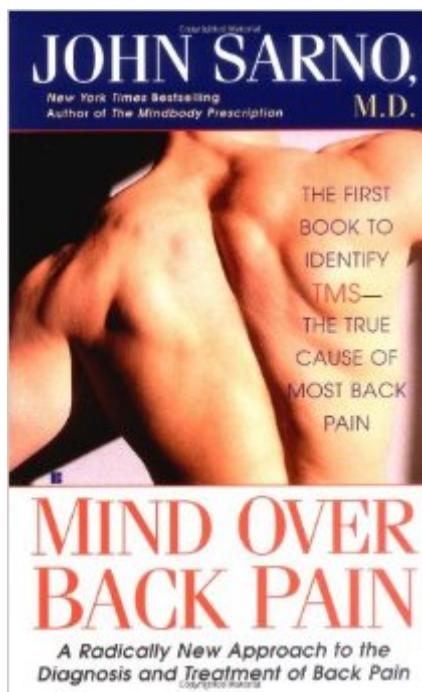


The book was found

# Mind Over Back Pain: A Radically New Approach To The Diagnosis And Treatment Of Back Pain



## **Synopsis**

This is the book that has given thousands of sufferers new hope--a gentle, effective way to find real relief from back pain, without painkillers, without surgery, without spending days on end in bed. Dr. John Sarno's revolutionary approach to back pain is based on his discovery that tension is the underlying cause of most back problems--leading to an often unrecognized condition called Tension Mytosis Syndrome. In this book--the first to explain the psychophysiology, manifestations, and treatment of TMS--you'll find clear steps, sensible advice, and simple illustrations to help you find relief, prevent future pain...and live life fully once again.

## **Book Information**

Mass Market Paperback: 128 pages

Publisher: Berkley; Reissue edition (April 1, 1986)

Language: English

ISBN-10: 0425087417

ISBN-13: 978-0425087411

Product Dimensions: 4.2 x 0.4 x 6.9 inches

Shipping Weight: 2.4 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 starsÂ  See all reviewsÂ  (162 customer reviews)

Best Sellers Rank: #40,277 in Books (See Top 100 in Books) #9 inÂ  Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Physical Impairments #13 inÂ  Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Backache #44 inÂ  Books > Medical Books > Medicine > Surgery > General Surgery

## **Customer Reviews**

Since so many have already given their personal account, I thought I would talk of the book's content. Dr. Sarno wrote this book for normal people. It is short, readable, to the point, and avoids statistical/clinical mumbo-jumbo (as much as possible). If someone is looking for a scientific white paper, this book isn't it. His support is mostly anecdotal (case studies) and argumentative, but he also offers some reasonable clinical citings in support of his theory. For instance, if back pain is due to a degenerating spine, as most physicians would argue, why do the incidents of back pain decrease sharply after the age of 60? (Decrease much faster than death rate.) I found most of his observations about back pain and the fallacies of orthodox treatment to be insightful and credible. It made me realize how much blind faith I have in traditional medicine -- that alone was worth the read! The book contains all the treatment information that you need. Contrary to what some of the

one-star reviewers say, he states that there is rarely a need to enter into therapy with him or anyone else. You need only accept his theory to disarm your subconscious and relieve your pain -- what he calls "knowledge therapy." What is confusing about the last chapter is that he spends his time telling you everything that you do NOT need to do and sites extreme cases where therapy was needed. This can be a bit disconcerting to someone looking for an exercise regime or twelve-step program. The reason he doesn't have two-hundred pages of instructions is that you don't need them. I suspect that the disappointed reviewers either misread the last chapter or completely missed the point.

This WAS me: Back pain, neck pain, shoulder pain, trapezius pain, tricep pain, pectoral pain, numbness/tingling in both hands. The pain alternated from one arm to the other and sometimes all the way down my left leg. Along with pain I had gastrointestinal and skin problems. There was weakness in my left tricep which was noticeably smaller. Bad news for a lefty. Never mind the ever-present fear of physical labor making it worse! This IS me one month later: Active, off of Percocet, muscle relaxers (Skelaxon, Flexeril), anti-inflammatories (Steroids, Celebrex, DayPro, Ibuprofen). No more chiropractor, goofy traction device, or TENS unit. Last Saturday I helped a friend lay down a floor; 12 hours of hard "back-breaking" labor. I couldn't have been happier. I am 100% back. In fact, I'm MORE than 100% because I no longer have the fear of pain! To be perfectly honest, I have taken aspirin here and there, but that is it. I can't tell you how good it felt to wake up with muscles that were tired from overexertion. At 39 years old, I truly thought I was going to either be in horrible pain for the rest of my life or permanently restricted due to surgery. In two years my MRI went from a bulging disk to one that was terribly herniated and another with issues. The surgeon told me I'd need to have 2 discs replaced and 3 vertebrae fused. He said I'd have problems walking soon and that he could fit me in the following week for surgery. Nothing, he said, even an epidural block, would get rid of the pain. Coincidentally I got his book during the three-hour wait between my doctor appointment and the blindingly painful MRI. I was half-way finished when I saw the surgeon two days later. He, of course, disregarded the book. HE SURE WAS IN A HURRY TO CUT ME UP THOUGH!!!

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

Mind Over Back Pain: A Radically New Approach to the Diagnosis and Treatment of Back Pain  
Natural Back Pain Solutions: Relieve Back Pain Fast, Heal a Herniated Disc, and Avoid Back Surgery  
Wrist Pain, Neck Pain - Lower Back Pain - Should Treatments Be Focussed Only To The Area That Hurts?: A Comfortable Healthy Sleep Without Neck Pain And ... Neck Pillow, (Children

health care Book 1) The Truth About Back Pain: A Revolutionary, Individualized Approach to Diagnosing and Healing Back Pain Brain Cancer Treatment - How to Beat Brain Cancer And Get Your Life Back (Brain Cancer, Tumor, Brain Cancer Treatment, Natural Treatment) Freedom from Pain: The Breakthrough Method of Pain Relief Based on the New York Pain Treatment Program at Lenox Hill Hospital The Dirty Dozen: How Twelve Supreme Court Cases Radically Expanded Government and Eroded Freedom, With a New Preface Use Your Mind to Heal Your Body: How I used Dr. Sarno's medically proven treatment plan to eliminate my back pain forever Diagnosis and Treatment of Genitourinary Malignancies (Cancer Treatment and Research) MARIJUANA: Guide To Illness And Pain Management (Medical Marijuana, Pain Management, Cannabis, Epilepsy, Cancer Treatment, Chronic Pain) TMJ Temporomandibular Joint Dysfunction - Causes, Symptoms, Treatment, and Pain Relief For Your Jaw Pain (How to Get Rid of Jaw Pain & Headaches Due to TMJ) Epilepsy: Cure - What You Need to Know about Epilepsy: Therapy, Diagnosis, Treatment, Diet, Signs, Symptoms and Medication (Epilepsy Books - Epilepsy Therapy ... Treatment - Epilepsy in children Book 1) Back Pain: Alleviate Back Pain and Start Healing Today (Simple Exercises, Remedies, and Therapy for Immediate Relief) 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 STOP Back Pain: Kiss Your Back, Neck And Sciatic Nerve Pain Goodbye! How To Get Out Of Back, Pain Insider Secrets To Back Pain Relief, Engage Your M Life Without Pain: Free Yourself from Chronic Back Pain, Headache, Arthritis Pain, and More, Without Surgery or Narcotic Drugs Handbook of Headache Management: A Practical Guide to Diagnosis and Treatment of Head, Neck, and Facial Pain Joint Pain No More: How to Effectively Eliminate Pain and ease your Aches! (Pain Management, Muscle Pain, sports injury)

[Dmca](#)