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The Mindbody Prescription: Healing the Body, Healing the Pain

By John E. Sarno M.D.

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Summary: Dr. John E. Sarno's Healing Back Pain is a New York Times bestseller 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.



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Reviews

A really wonderful ebook with perfect and lucid answers. It is rally interesting through looking at period of time. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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It is fantastic and great. It generally is not going to cost an excessive amount of. You will like the way the blogger create this book.

-- Gerardo Bauch PhD