

## HEALING BACK PAIN SARNO PDF%0A

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In Healing Back Pain (and his other books), Dr Sarno introduces the concept of Tension Myositis Syndrome (TMS). Today TMS is often referred to as Mind Body Syndrome, and in my mind the terms can be used interchangeably.

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After indentifying stress and other psychological factors in back pain, he demonstrates how many of his patients have then gone on to heal themselves without exercise or other physical therapy. 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.

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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.

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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.

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