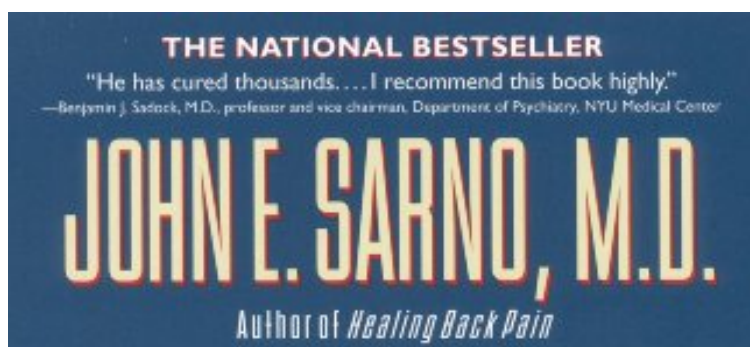


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# The Mindbody Prescription: Healing the Body, Healing the Pain (English Edition)

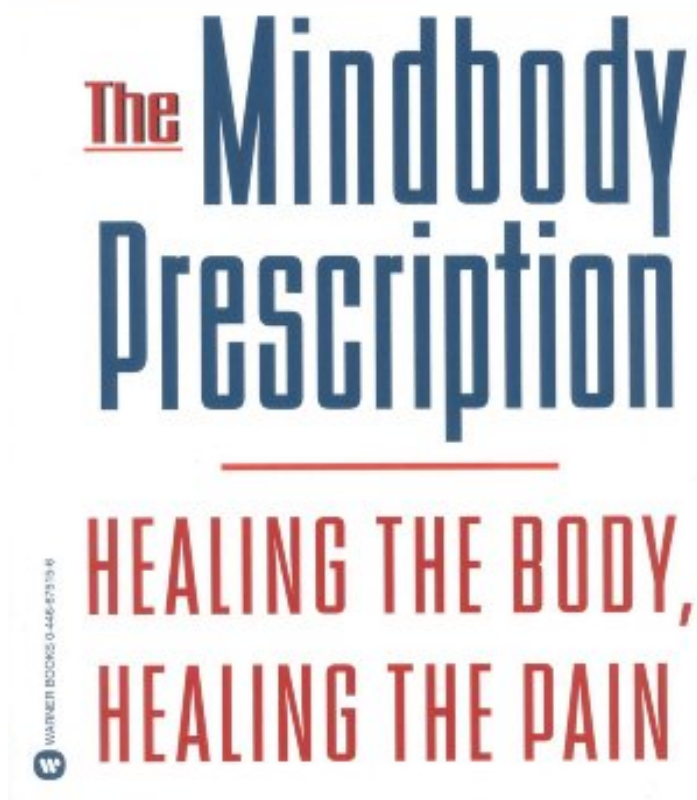


Par John E. Sarno  
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[Ebook free] The Mindbody Prescription:  
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(English Edition)

Par John E. Sarno : **The Mindbody  
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**Description :** Description du produit Since the publication of *Healing Back Pain*, Dr. Sarno has learned important new information about the psychology of emotionally-induced physical conditions. He is now able to present a set of precise theories on when, where and how emotional factors bring on physical symptoms and, based on his experience, how this process can be reversed. In his last book, Dr. Sarno explained how TMS, or Tension Myositis Syndrome, is a major cause of back, neck and shoulder pain. He now shows that the treatment that works to lessen or alleviate it can be used on peptic ulcer, colitis, tension and migraine headache, hay fever, asthma, and a host of other disorders. In this new book, he discusses a number of new pain disorders that have become the basis for disability. Called RSD, or Repetitive Stress Disorders, they are

part of TMS. They include carpal tunnel syndrome, thoracic outlet syndrome, rotator cuff tear, bursitis, tendonitis of the shoulder and elbow, and pinched nerve in the neck. Case histories are used to illustrate both the psychology and mechanics of treatment in this new and noteworthy addition to the subject of pain.

Prsentation de l'diteurDr. John E. Sarno's *Healing Back Pain* is a New York Times bestseller that has helped over 500,000 readers. Here, Sarno 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..comDr. John Sarno caused quite a ruckus back in 1990 when he suggested that back pain is all in the head. In his bestselling book, *Healing Back Pain: The Mind-Body Connection*, he claimed that backaches, slipped discs, headaches, and other chronic pains are due to suppressed anger, and that once the cause of the anger is addressed, the pain will vanish. *Relieved .com* readers call this book "liberating" and say "it sounds too good to be true, but it is true." Sarno has returned with *The Mindbody Prescription*, in which he explains how emotions including guilt, anxiety, depression, and low self-esteem can stimulate the brain to manufacture physical symptoms including fibromyalgia, repetitive strain injuries, migraine headaches, hay fever, colitis, ulcers, and even acne. If these psychosomatic problems all sound a little Freudian, what with the repression of emotions in the unconscious, it's because Sarno unapologetically borrows from Freud for the basis of his theory and cites childhood trauma as a major source of emotional problems. He also says that his program is a "talking cure" of sorts, since patients must be convinced their pain is rooted in their emotions before healing can begin. The book reads a bit like psychology text, with Sarno quoting from psychoanalytic theorists including Heinz Kohut and Graeme Taylor and the DSM-IV (Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition). Sarno walks through the neurophysiology of mindbody disorders, lists the symptoms of dozens of disorders that he believes are emotion-based, and offers a basic program for overcoming psychosomatic pain and illness. His recovery plan includes meditation and sometimes psychotherapy, including behavior modification, and stopping any medication or physical therapy. While Sarno's ideas seem radical, they were commonly implemented earlier in the 20th century, when psychoanalysis was at its peak of popularity, and they promise to become more accepted in our current era of alternative medical therapies and anger management. --Erica Jorgensen *Revue de presse*"He has cured thousand....I recommend this book highly."Benjamin J. Saddock, M.D., professor and vice chairman, Department of Psychiatry, NYU Medical Center"My life was filled with excruciating back and shoulder pain until I applied Dr. Sarno's principles, and in a matter of weeks my back pain disappeared. I never suffered a single symptom again....I owe Dr. Sarno my life."Howard Stern