DR JOHN E SARNO HEALING BACK PAIN



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Dr. Sarno, a pioneer in the practice of Mindbody medicine and best-selling author of three books on the subject, has successfully treated thousands of patients with persistent and often seemingly incurable pain.

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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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Dr John E. Sarno identifies a condition he refers to as TMS, which stands for Tension Myositis Syndrome. In a nutshell, Sarno believes that TMS is a condition whereby some physical pain (in this case back pain) is actually caused by the subconscious mind repressing emotions.

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Dr John Sarno is America s most famous back pain doctor

Back pain dos and don ts in John Sarno s Healing Back Pain. Many doctors still think Sarno s views on back pain are off . Back pain researchers and doctors generally didn t find Sarno

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Healing Back Pain Audiobook by John E Sarno M D

Dr. John E. Sarno, author of the revolutionary book Mind Over Back Pain, is a medical pioneer whose program has helped patients overcome their back conditions- without drugs or dangerous surgery. Now, using his latest research into TMS, Dr. Sarno goes one step further.

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