

HEALING BACK PAIN JOHN SARNO



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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 is a medical pioneer whose mind-body approach has helped patients overcome their back conditions without drugs or dangerous surgery. 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.

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Healing Back Pain Audiobook by John E Sarno M D

Healing Back Pain: The Mind-Body Connection (1991) by John E. Sarno explores the topic of tension myositis syndrome (TMS), a back-pain disorder from which many Americans suffer. The underlying cause of TMS is unresolved psychological tension, and the most effective treatment is to become aware of and treat that psychological problem.

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