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Dr. Sarno's Books. Dr. Sarno's books, Healing Back Pain, The Mindbody Prescription, and The Divided Mind have literally helped thousands to become pain-free. The fact that many people continue to become pain-free through the reading of the books proves the underlying principle of Dr. Sarno s work; that the acquisition of knowledge about TMS has great therapeutic value.

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### **Healing Back Pain The Mind Body book by John E Sarno**

If your back hurts, buy this book now.I have suffered from chronic back pain for the last 13 years, after having pain from powerlifting and being diagnosed with a ruptured L5-S1 disk.

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### **10 Lessons From Healing Back Pain by Dr John Sarno Part 1**

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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### **Healing Back Pain Audiobook by John E Sarno M D**

The contents of this book does not match the title. Most of the book can be summarized as this: your back pain is in your head. Loads of fluff and padding, but that's it. Your repressed emotions cause your back pain. I kept waiting for the "Healing your back pain" part.

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### **Dr Sarno Healing back pain The mind body connection**

Dr Sarno: Healing back pain The mind-body connection Dr Sarno has found out that a greater part of the diseases of the back have psychical causes. The conventional understanding is that the greater part of the diseases of the back is of physical nature and therefore should be cured by physical means.

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### **The 7 Best Books for Back Pain 2018 Update Free Your Spine**

These books are written by experts and are popular amongst people with low back pain, middle & upper back pain, neck pain, and other types of back pain. All of these books are good for developing an understanding of the factors that contribute to these problems and how to alleviate back pain without surgery or medications.

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