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NEW YORK TIMES BESTSELLER "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 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. The Mindbody Prescription is your invaluable key to a healthy and pain-free life.

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