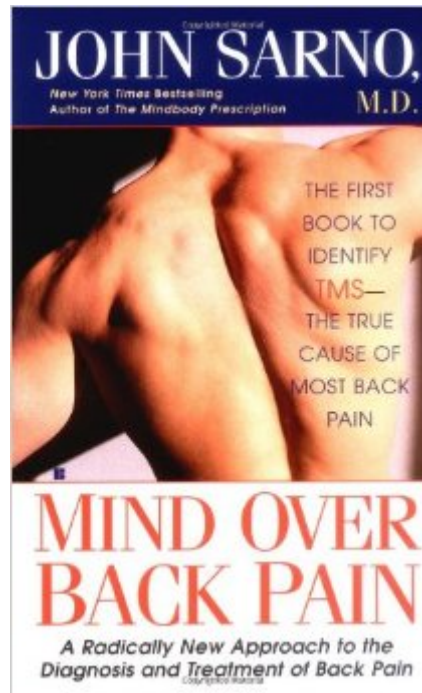


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# Mind Over Back Pain: A Radically New Approach To The Diagnosis And Treatment Of Back Pain



## Synopsis

This is the book that has given thousands of sufferers new hope--a gentle, effective way to find real relief from back pain, without painkillers, without surgery, without spending days on end in bed. Dr. John Sarno's revolutionary approach to back pain is based on his discovery that tension is the underlying cause of most back problems--leading to an often unrecognized condition called Tension Myotonia Syndrome. In this book--the first to explain the psychophysiology, manifestations, and treatment of TMS--you'll find clear steps, sensible advice, and simple illustrations to help you find relief, prevent future pain...and live life fully once again.

## Book Information

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Average Customer Review: 4.1 out of 5 stars [See all reviews](#) (162 customer reviews)

Best Sellers Rank: #40,277 in Books (See Top 100 in Books) #9 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Physical Impairments](#) #13 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Backache](#) #44 in [Books > Medical Books > Medicine > Surgery > General Surgery](#)

## Customer Reviews

Since so many have already given their personal account, I thought I would talk of the book's content. Dr. Sarno wrote this book for normal people. It is short, readable, to the point, and avoids statistical/clinical mumbo-jumbo (as much as possible). If someone is looking for a scientific white paper, this book isn't it. His support is mostly anecdotal (case studies) and argumentative, but he also offers some reasonable clinical citations in support of his theory. For instance, if back pain is due to a degenerating spine, as most physicians would argue, why do the incidents of back pain decrease sharply after the age of 60? (Decrease much faster than death rate.) I found most of his observations about back pain and the fallacies of orthodox treatment to be insightful and credible. It made me realize how much blind faith I have in traditional medicine -- that alone was worth the read! The book contains all the treatment information that you need. Contrary to what some of the

one-star reviewers say, he states that there is rarely a need to enter into therapy with him or anyone else. You need only accept his theory to disarm your subconscious and relieve your pain -- what he calls "knowledge therapy." What is confusing about the last chapter is that he spends his time telling you everything that you do NOT need to do and sites extreme cases where therapy was needed. This can be a bit disconcerting to someone looking for an exercise regime or twelve-step program. The reason he doesn't have two-hundred pages of instructions is that you don't need them. I suspect that the disappointed reviewers either misread the last chapter or completely missed the point.

This WAS me: Back pain, neck pain, shoulder pain, trapezius pain, tricep pain, pectoral pain, numbness/tingling in both hands. The pain alternated from one arm to the other and sometimes all the way down my left leg. Along with pain I had gastrointestinal and skin problems. There was weakness in my left tricep which was noticeably smaller. Bad news for a lefty. Never mind the ever-present fear of physical labor making it worse! This IS me one month later: Active, off of Percocet, muscle relaxers (Skelaxon, Flexeril), anti-inflammatories (Steroids, Celebrex, DayPro, Ibuprofen). No more chiropractor, goofy traction device, or TENS unit. Last Saturday I helped a friend lay down a floor; 12 hours of hard "back-breaking" labor. I couldn't have been happier. I am 100% back. In fact, I'm MORE than 100% because I no longer have the fear of pain! To be perfectly honest, I have taken aspirin here and there, but that is it. I can't tell you how good it felt to wake up with muscles that were tired from overexertion. At 39 years old, I truly thought I was going to either be in horrible pain for the rest of my life or permanently restricted due to surgery. In two years my MRI went from a bulging disk to one that was terribly herniated and another with issues. The surgeon told me I'd need to have 2 discs replaced and 3 vertebrae fused. He said I'd have problems walking soon and that he could fit me in the following week for surgery. Nothing, he said, even an epidural block, would get rid of the pain. Coincidentally I got his book during the three-hour wait between my doctor appointment and the blindingly painful MRI. I was half-way finished when I saw the surgeon two days later. He, of course, disregarded the book. HE SURE WAS IN A HURRY TO CUT ME UP THOUGH!!!

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