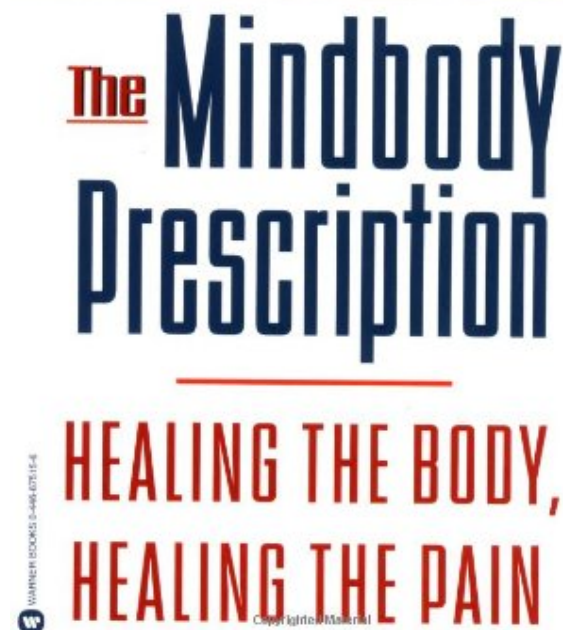
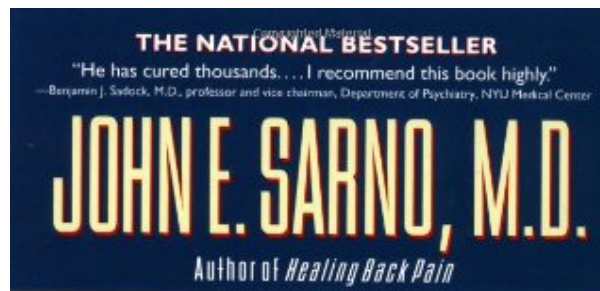


# THE MINDBODY PRESCRIPTION: HEALING THE BODY, HEALING THE PAIN BY JOHN E. SARNO M.D.



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—Benjamin J. Sefack, M.D., professor and vice chairman, Department of Psychiatry, NYU Medical Center

**JOHN E. SARNO, M.D.**  
Author of *Healing Back Pain*

**The Mindbody  
Prescription**

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## Amazon.com Review

Dr. John Sarno caused quite a ruckus back in 1990 when he suggested that back pain is all in the head. In his bestselling book, *Healing Back Pain: The Mind-Body Connection*, he claimed that backaches, slipped discs, headaches, and other chronic pains are due to suppressed anger, and that once the cause of the anger is addressed, the pain will vanish. Relieved Amazon.com readers call this book "liberating" and say "it sounds too good to be true, but it is true." Sarno has returned with *The Mindbody Prescription*, in which he explains how emotions including guilt, anxiety, depression, and low self-esteem can stimulate the brain to manufacture physical symptoms including fibromyalgia, repetitive strain injuries, migraine headaches, hay fever, colitis, ulcers, and even acne. If these psychosomatic problems all sound a little Freudian, what with the repression of emotions in the unconscious, it's because Sarno unapologetically borrows from Freud for the basis of his theory and cites childhood trauma as a major source of emotional problems. He also says that his program is a "talking cure" of sorts, since patients must be convinced their pain is rooted in their emotions before healing can begin.

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## About the Author

John E. Sarno, M.D., is a professor of Rehabilitation Medicine at the New York University School of Medicine. He has been practicing medicine since 1950. He is the acclaimed author of three earlier books on musculoskeletal pain.

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Dr. John E. Sarno's Healing Back Pain is a New York Times bestseller that has helped over 500,000 readers. Continuing the research since his ground-breaking book, the renowned physician now presents his most complete work yet on the vital connection between mental and bodily health.... 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. His innovative program has already produced gratifying results for thousands of patients. The Mindbody Prescription is your invaluable key to a healthy and pain-free life.

- Sales Rank: #3890 in Books
- Color: White
- Brand: Warner Books, Inc.
- Model: 1629434
- Published on: 1999-10-01
- Ingredients: Example Ingredients
- Original language: English
- Number of items: 1
- Dimensions: 8.00" h x .63" w x 5.25" l, .45 pounds
- Binding: Paperback
- 210 pages

## Features

- Great product!

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#### Most helpful customer reviews

173 of 178 people found the following review helpful.

Sarno is a pioneer

By Marshall Glickman, author of the Mindful Money Guide (Ballantine Books)

Last winter I was stricken with near-crippling lower-back and hip pain, which I initially attributed to a combination of basketball and hours of shoveling heavy snow. For more than a month, getting out of bed each morning was a painful, arduous affair that could take anywhere from 20 to 45 minutes. As the day wore on I would improve somewhat but was still unable to sit in a chair, let alone exercise, do yoga, or contemplate cross-country skiing or playing hoops. I sought help from doctors, chiropractors, massage therapists, physical therapists, and an acupuncturist. While acupuncture was very helpful, my long-term cure came from Dr. John Sarno's book Mind Over Back Pain. In it, Sarno clearly explains how the vast majority of back, neck, and shoulder pain is caused by stress. The pain I felt wasn't imaginary or psychosomatic in the sense that there weren't actually physical symptoms, but the cause of those symptoms (the result of restricted blood flow to my lower-back region) came from not processing my emotions as emotions. My back took the brunt of what my mind wasn't fully able/ready to accept. In The MindBody Prescription Dr. Sarno moves beyond just the back to explain how and why the mind causes pain in any number of places in the body; he applies those insights to help heal other maladies such as allergies, carpal tunnel syndrome, skin problems, and chronic fatigue syndrome. The reason most of these ailments don't respond to drugs and physical manipulations is that these approaches don't address the root cause of the problem: unrecognized emotional turmoil. If you're suffering from an ailment that is difficult to diagnose or not responding finding to conventional, or even alternative cures, read Sarno's book.

28 of 28 people found the following review helpful.

If you're serious about healing, this is the real deal.

By Tuddin

There are many ways I can review this book and it's theories. However, it all comes down to one simple understanding. Dr. John Sarno is absolutely correct. It's unbelievable that more people have not discovered this way of healing their individual ailments.

So much money, time, and energy is wasted on drugs and "other" treatments,(doctors whom insist almost any ailment MUST be treated with drugs or "physical" treatment). Please don't misunderstand my point. If you fall out of a tree and break your leg, then of course you will need the care of a doctor and his prescribed medication. Or, if (God forbid) you acquire cancer or some other form of sickness that requires medical attention, obviously you need the proper attention. My point is that day to day, chronic pain in the body can be cured simply by John Sarno's discovery.

I am not endorsed nor do I have any affiliation with Sarno. I'm a 40 year old man that battled back pain along with awful sciatica for years and years. After trying the standard chiropractic road (and others mind you), my conditions only got worse. And, I was paying a hefty bill to these "doctors". Once more, they would even prescribe or "recommend" some sort of pill that was supposed to "help".

Finally, my wife and I discovered John Sarno and his theories. She (my wife) was battling a bad case of Fibromyalgia and she was only 35 years old. We were both very concerned for her future being she did not want every joint in her body aching the rest of her life (a common symptom of Fibromyalgia). She saw numerous "doctors" that gave us the complete runaround and standard line--"Take 2 to 3 Advil a day and that should help. Limit your activities and get lots of rest".

One day, my wife finally said ENOUGH. We both enjoyed exercising and her condition severely limited most activities. She decided to read John Sarno's book. She read it over, and over, and over, and over again (which I highly recommend in order to fully understand). Literally ingraining it into her head. Then, also decided to take Sarno's advice and do the opposite of what the other "doctors" prescribed.

We both began exercising. Sometimes, literally, this was painful. However, and this is the magic part, the pain eventually went away. I'll say it again. **THE PAIN EVENTUALLY WENT AWAY.** Just as Sarno said it would.

The mind has an unbelievable knack for dictating how we feel physically. Dr. John Sarno has figured out how this occurs and causes the back pain, neck pain, joint pain, headache pain we all are subject to day after day. Every day, life will deal us situations and instances that are the recipe for TMS(Tension Myositis Syndrome). It's how **WE DECIDE TO HANDLE IT** that is the difference.

If you think I'm crazy, or preaching the "it's all in your mind" philosophy, let me ask you a few questions that we asked ourselves:

- are you pain free with the so called "treatments" you are getting? And if so, how long?
- does your pain return just like that for no reason?
- do you notice a pattern of where and when the pain occurs?
- do you find certain events or instances make your pain worse?
- and finally, if the "treatments" you're currently receiving work, then why does the pain come back?

This book describes and explains why we hurt. And, how to get over it--for good! If you are serious, and I mean serious, about curing your ailment, Dr. John Sarno and his books can help.

Good Luck!!!

Nick

2 of 2 people found the following review helpful.

Sarno rocks!

By John Wurst

I read this book at the recommendation of my psychologist. I found the book insightful and intriguing. I believe Dr. Sarno nails the root cause of our pain problems. I'm afraid the medical community will not endorse his findings because the insurance and pharmaceutical companies will go broke. In fact, the entire medical community would suffer. All I can say is thank you Dr. Sarno for your research and publishing your findings in your books.

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