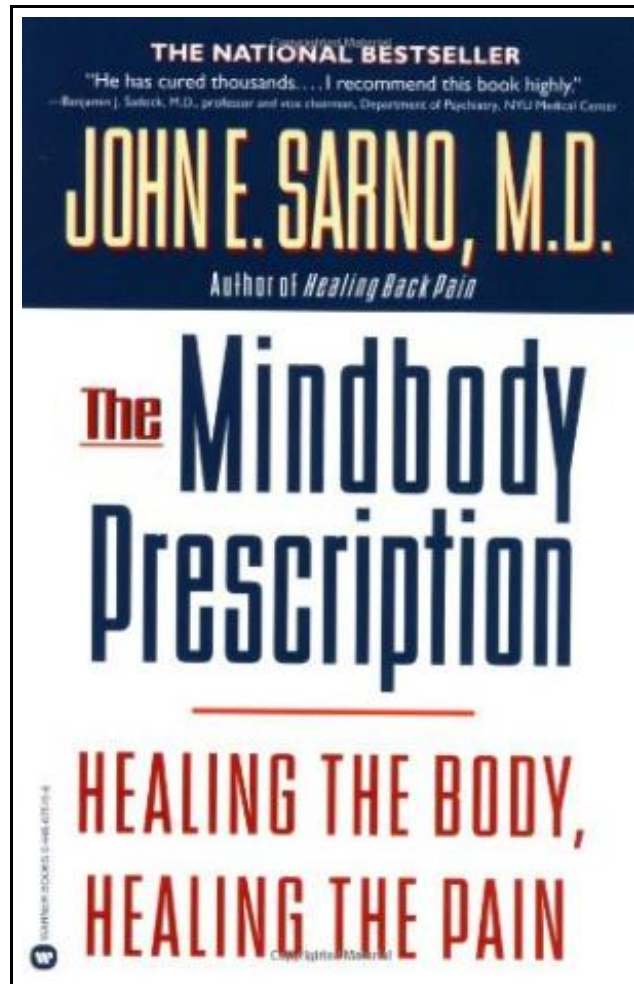


The Mindbody Prescription: Healing the Body, Healing the Pain



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Reviews

Very helpful to any or all category of men and women. It is definitely simplified but unexpected situations within the 50 % of your publication. I am very easily could possibly get a pleasure of reading a composed ebook.

(Dr. Therese Hartmann Sr.)

THE MINDBODY PRESCRIPTION: HEALING THE BODY, HEALING THE PAIN



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Warner Books, Inc., 1999. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: 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.



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