



Healing Back Pain: The Mind-Body Connection By John E. Sarno

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Dr. John E. Sarno is a medical pioneer whose program has helped thousands of thousands of people overcome their back conditions--without or drugs or dangerous surgery. Now, using his ground breaking research into TMS (Tension Myotostis Syndrome), Dr. Sarno goes one step further: after identifying stress and other psychological factors in back pain, he demonstrates how many of his patients have gone on to heal themselves without exercise or other physical therapy

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