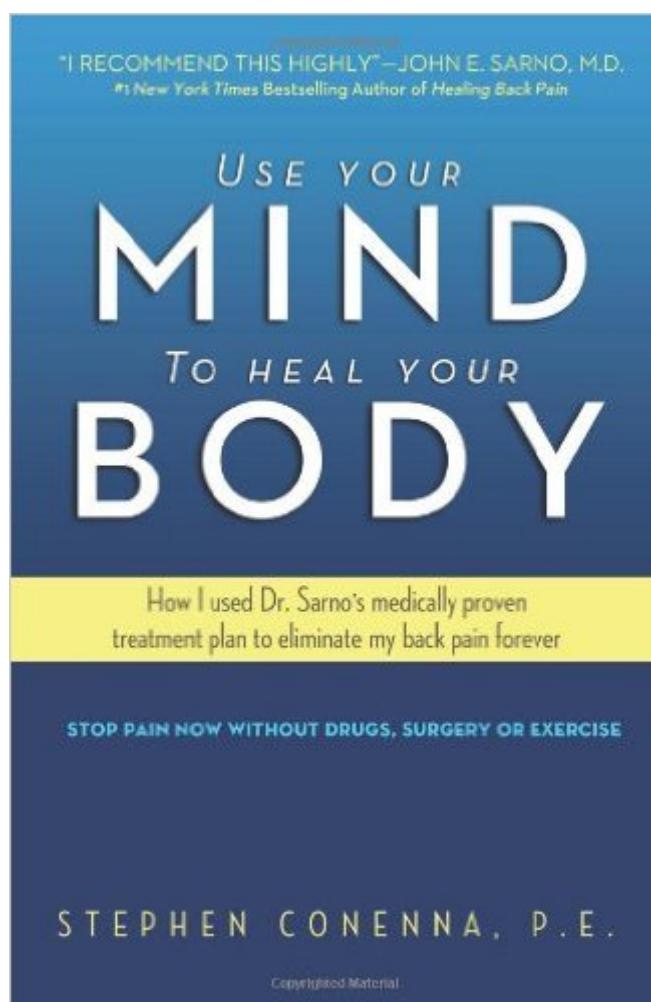


The book was found

# Use Your Mind To Heal Your Body: How I Used Dr. Sarno's Medically Proven Treatment Plan To Eliminate My Back Pain Forever



## **Synopsis**

IF YOU OR ANY ONE YOU KNOW IS SUFFERING FROM CHRONIC PAIN THIS BOOK WILL CHANGE YOUR LIFE. Use Your Mind to Heal Your Body is a patient's guide to gaining complete pain relief through modern mindbody medicine. A successful patient shares the story of his 15-year struggle with incapacitating back pain and failed traditional remedies. He leads you from his initial skepticism to ultimate triumph using the medical treatment program detailed here that gave him back his life. Based on cutting-edge research by Dr. John Sarno, physician and professor of rehabilitation medicine at New York University Medical Center. --End your pain by understanding the relationship between unconscious emotions and physical pain --Get tools and answers from a patient's perspective --Includes therapeutic writing exercises --Discover how thousands of people have become pain-free simply by understanding the underlying reason for their pain "Based on my experience of many years in dealing with back pain what Mr. Conenna has written about this disorder is very much in tune with my concepts of cause and treatment. I recommend this highly."

â "JOHN E. SARNO, M.D

## **Book Information**

Paperback: 150 pages

Publisher: CreateSpace Independent Publishing Platform; 1 edition (September 22, 2013)

Language: English

ISBN-10: 1489525831

ISBN-13: 978-1489525833

Product Dimensions: 5.5 x 0.4 x 8.5 inches

Shipping Weight: 9 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 starsÂ See all reviewsÂ (17 customer reviews)

Best Sellers Rank: #254,424 in Books (See Top 100 in Books) #86 inÂ Books > Medical Books > Pharmacology > Pain Medicine

## **Customer Reviews**

This is the kind of book that we all need 5 copies of handy. Really! We all know people that have Chronic pain at one time or another in their life and this may just be the most inspiring gift for them. I have known about Dr. Sarno's medical work for many years, but this book is really the journey of a patient perspective which is a totally different experience. We so often feel hopeless and alone while facing such physical struggles. I highly recommend this moving book of support. Thank you Steve for having taken the time to share your story with such transparency and dedication. F. Heymans

A new book by Stephen Conenna, a civil engineer, Use Your Mind to Heal Your Body, tells his compelling story about how he healed from 15 years of chronic, severe back pain after reading Dr. John E. Sarnoâ™s book, Healing Back Pain. His back pain began when he was an undergraduate student and became so intense when he was in graduate school at Columbia University in New York that some days he could not even get out of bed. MRIs identified two herniated discs and physical therapy and surgery were prescribed. He had both, undergoing being strapped on a rack and his body being almost pulled apart, and cortisone injections six times. Nothing relieved his pain until a friend told him to read Dr. Sarnoâ™s book. That led to attending sessions with Dr. Sarno and his associate, psychotherapist Dr. Edward Sherman. Conenna says he came to accept the TMS theory that our pain is caused by repressed emotions, and that his began in his childhood. His âœInner Childâ • âœah-haâ • moment of self-discovery was when he reflected on his upbringing by a stern father which led to him developing a strong need to be liked, and for others to like him. His âœgoodismâ • and a lack of understanding about his relationship with his father led him to becoming pain free. He came to realize that his problem was not with his father and that they did love each other. His problem was how he felt about himself for having feelings of anger about his father that led to unconscious rage that caused his back pain. Once he discovered that, he was healed, and has been for the past fifteen years. His book is a highly-recommended read on how little we know about our âœInner Childâ • and how fast we can heal once we discover and come to terms with it. Walter Oleksy, Glenview, IL

This is a great short book about recovery from chronic pain. It's short but very effective. It describes a patient's healing from chronic back pain using Dr. Sarno's method. What's very useful about this book is the section describing how to journal in order to find feelings you didn't realize you were repressing. Compared to other TMS books this book does a much better job describing an effective method of journaling. Ultimately this type of journaling should help you to accept your feelings. I'm still at the beginning of my healing journey and I use the journaling style outlined in the book daily. I also found the question and answer format in part of the end of the book to be very helpful. It answers questions that you're sure to ask along your healing journey. I keep rereading certain sections of the book to make sure I'm on the right track.

I saw Dr Sarno many many years ago and found that his system workedâ | I then proceeded to forget about it. Then I came across this book which is really far more useful. Everything is explained

in Really easy terms. The fact that the author uses his own personal experiences makes a big difference also. Much easier to relate toâ | I tried doing the mental work but it didn't really help for a while as I wasn't REALLY being honest with myselfâ | Once I truly became honest my pain disappeared. I've been in chronic back pain for decades! This is Amazing!

It's an excellent book. The Sarno's theory under the patient vision. I recommend this reading, it's a real person with real pain in a real world. Through its pages, the author proves that the solution is in our hands. The structure flows with the colloquial form and shows a brave man who found the way to live in harmony with all his own life. It's not easy but definitely it's possible if we can accept open our mind and heal our body.

Half of this book comes straight from Dr. Sarno's Healing Back. It was short: only about 127 pages in 16 font. It seemed like something you do in high school when you make the font larger to make the paper longer. If the font was 12, I doubt the book would even reach 100 pages. It was not worth the money. Author Conenna added little to the topic Mindbody. I then purchased Dr. Sarno's The Mindbody Prescription and this book offers more on the topic of Mindbody.

If you've read Dr. Sarno's work, this book takes it to the next level. Mr. Conenna, brings you into the world of having extreme back pain and being a patient of Dr. Sarno. The natural skepticism & doubts that go along with new ideas, what he did to get past them and cure his back problems. If you have severe back pain and haven't looked into Dr. Sarno's work I highly recommend that you read The Divided Mind by Dr. John E. Sarno and this book by Stephen Conenna. They may be the only thing you need to end your back problems forever.

[Download to continue reading...](#)

Use Your Mind to Heal Your Body: How I used Dr. Sarno's medically proven treatment plan to eliminate my back pain forever Walk Yourself Well: Eliminate Back Pain, Neck, Shoulder, Knee, Hip and Other Structural Pain Forever-Without Surgery or Drugs Natural Back Pain Solutions: Relieve Back Pain Fast, Heal a Herniated Disc, and Avoid Back Surgery Dental Management of the Medically Compromised Patient - Pageburst on VitalSource (Little, Dental Management of the Medically Compromised Patient) Joint Pain No More: How to Effectively Eliminate Pain and ease your Aches! (Pain Management, Muscle Pain, sports injury) Mind Over Back Pain: A Radically New Approach to the Diagnosis and Treatment of Back Pain Anti Inflammatory Diet: How To End Chronic Pain Forever and Heal Your Body Naturally (delicious anti-inflammatory recipe cookbook with 14

day meal plan) Yoga for Pain Relief: Simple Practices to Calm Your Mind and Heal Your Chronic Pain (The New Harbinger Whole-Body Healing Series) Wrist Pain, Neck Pain - Lower Back Pain - Should Treatments Be Focussed Only To The Area That Hurts?: A Comfortable Healthy Sleep Without Neck Pain And ... Neck Pillow, (Children health care Book 1) Anti-Inflammatory Diet: The Ultimate Beginners Guide to Eliminate Body Pain and Restore Your Overall Health By Eating Foods Designed For You (Anti-Inflammatory ... Pain Free, Anti-Inflammatory Recipies) Healing Back Pain Naturally: The Mind-Body Program Proven to Work Live Pain Free Without Drugs or Surgery: How to use Integrated Positional Therapy to eliminate chronic pain Recover with GAPS: A Cookbook of 101 Healthy and Easy Recipes That I Used to Heal My ULCERATIVE COLITIS while ON THE GAPS DIET-Heal Your Gut Too! Heal Pelvic Pain: The Proven Stretching, Strengthening, and Nutrition Program for Relieving Pain, Incontinence,& I.B.S, and Other Symptoms Without Surgery The 7-Minute Back Pain Solution: 7 Simple Exercises to Heal Your Back Without Drugs or Surgery in Just Minutes a Day The End of Back Pain: Access Your Hidden Core to Heal Your Body Detox The Body: How To Detox Your Body For Fast Weight Loss (detox health, juicing, cleanse, diet, plan, foods, eating, naturally, juice, body mind soul, essentials, drinks, guide, book) The Wharton's Back Book: End Back Pain--Now and Forever--With This Simple, Revolutionary Program Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) The Pain-Free Program: A Proven Method to Relieve Back, Neck, Shoulder, and Joint Pain

[Dmca](#)