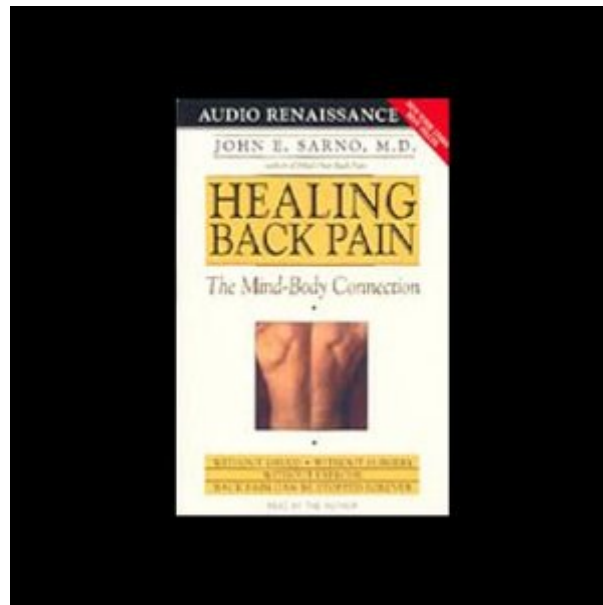


The book was found

# Healing Back Pain



## Synopsis

One of the world's foremost back doctors examines new treatments to relieve pain without exercise, meditation, or physical therapy. --This text refers to the Paperback edition.

## Book Information

Audible Audio Edition

Listening Length: 3 hours and 23 minutes

Program Type: Audiobook

Version: Abridged

Publisher: Macmillan Audio

Audible.com Release Date: July 27, 2001

Language: English

ASIN: B00005NRA7

Best Sellers Rank: #20 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management #26 in Books > Health, Fitness & Dieting > Aging #63 in Books > Health, Fitness & Dieting > Alternative Medicine > Healing

## Customer Reviews

After 3 years of chronic low back pain and neck pain, I am healing. John Sarno's diagnosis is the truth, medicine is WAAY far behind in understanding the connection between emotions and illness, especially chronic pain. I bought this book in February with very consistent, badly affecting pain everyday and am now down to a daily 1 or 0 in pain. My biggest advice is HANG IN THERE, the book says it takes 6-8 weeks to heal completely and it has taken me much longer than that, don't be discouraged if you are still in pain after that time frame. Everyone is different and it took me 3 months to get to where I am now but the results are UNBELIEVABLE, pain is almost nothing to me now and in time it will be nothing and chronic pain will only be a memory. Here are some KEY tips that helped me to heal: 1. Stop covering up your feelings. In the past, if someone said something offensive towards me, I would cover up the feeling by thinking about it, rationalizing why they said, what they said, the context, blah blah blah but the FEELING is what is important. My mind would say I'm not offended but the truth is I am. FEEL THAT FEELING and tell yourself it's ok to feel this. I am ok. 2. Stop letting your thoughts torture you. In the past I would let my head spin in worry for hours and hours, thinking oh maybe this will happen, but what if that happens. Take charge and say NO to your worry thoughts. It will suck for a while because worry is a habit and it takes time to break so you will be stopping your thoughts A LOT but eventually the worry slows down and dissipates.

Channel that inner rage at your thoughts. Tell them to shut up! I won't take this abuse anymore, I deserve to feel good and I choose to feel hopeful.<sup>3</sup> Practice positive thinking and prayer.

I don't know how I stumbled upon these reviews initially. I do know that it was after a year of entirely disabling, perplexing, and shifting symptoms that culminated with a "herniated disc" diagnosis, an epidural steroid injection that made things worse, and ever-increasing despair that I would ever have my once very active life back. Since these reviews are what led me to read this book (despite the fact that I'm scientifically minded and inclined to believe and trust doctors in general, maybe too much), I thought I would add my own story. For the record (since I doubted whether these reviews were real - it seems implausible), I am a REAL person. This is difficult to believe, but real. After a backpacking trip in November 2010, I developed severe, debilitating knee pain. It was a blissful three days in the wilderness, and on the hike out (i.e. back to my job as a corporate lawyer), the knee pain started. I waited a week, thinking it was an overuse injury related to my spin classes, hiking, etc., and when it did not get better, I went in for an MRI. It showed nothing. The first orthopedic surgeon diagnosed me with "knee strain" and sent me to physical therapy, which I ended up doing twice a week for six months. Two months later, things were not improved, so I switched doctors and ordered a second MRI. Still nothing. I couldn't take a single step without pain. I was icing my knee three times a day -- did that for months. My knee was actually warm to the touch, which (of course) led me to believe that there was some physical injury. My new doctor, feeling the extreme soreness I had on my hip and outside of my quad and outside of my knee, diagnosed me with IT (iliotibial band) syndrome. I continued with physical therapy.

26 years old and have suffered from chronic back/neck/shoulder/pelvic pain for 3.5 years. Probably saw 20ish doctors, physical therapists, accupuncturists, chiropractors, massage therapists, hypnotherapists and osteopaths over the years with nothing but temporary relief. I can't think of a better way to share my experience than sharing with you the letter I wrote to my family 4 weeks after reading this book. Forever grateful to Dr. John Sarno. "My Dear Family, There was a time when I never thought I would be able to say this, and I still can't believe it myself, but I have made a 90% recovery from the chronic muscle problems that have debilitated me for the past 3.5 years. Over the past few weeks I have gradually resumed an active life once again, and find myself driving, doing computer work, lifting weights, going on intense bike rides, and much more with virtually no pain at all. I feel like I have been re-born again, and find myself in a perpetually good mood and excited about life and the opportunities that await me once again. As you know, these years have been

extremely difficult for me, both physically and emotionally. Particularly over the past year when this problem took on a whole new level of intensity and spread throughout my body. I wanted to thank you all for your support through this very difficult time for me. Without you guys, I probably would have jumped off a cliff by now. You may be curious as to what caused this sudden and immediate change in my health. Which doctor did I see? What exercise did I do? What posture did I adapt?

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