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Use Your Mind to Heal Your Body: How I used Dr. Sarno's medically proven treatment plan to eliminate my back pain forever

Stephen Conenna PE

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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." —JOHN E. SARNO, M.D

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