



# Healing Back Pain: The Mind-Body Connection

*Dr. John E. Sarno*

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# Healing Back Pain: The Mind-Body Connection


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**Do you have back, neck, or shoulder pain that keeps recurring or won't go away? Does back pain keep you from living a full life? If so, you may be suffering from TMS (Tension Myositis Syndrome)?and you don't have to take it anymore!**

Dr. John E. Sarno is a medical pioneer whose mind-body approach has helped patients overcome their back conditions?without drugs or dangerous surgery. After identifying stress and other psychological factors in back pain, he demonstrates how many of his patients have then gone on to heal themselves without exercise or other physical therapy. With case histories and the results of in-depth mind-body research, Dr. Sarno's *Healing Back Pain* describes how patients recognize the emotional roots of their TMS and sever the connections between mental and physical pain.

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