



Mind Over Back Pain

John Sarno

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This is the book that has given thousands of sufferers new hope--a gentle, effective way to find real relief from back pain, without painkillers, without surgery, without spending days on end in bed.

Dr. John Sarno's revolutionary approach to back pain is based on his discovery that tension is the underlying cause of most back problems--leading to an often unrecognized condition called Tension Myotonia Syndrome. In this book--the first to explain the psychophysiology, manifestations, and treatment of TMS--you'll find clear steps, sensible advice, and simple illustrations to help you find relief, prevent future pain...and live life fully once again.

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