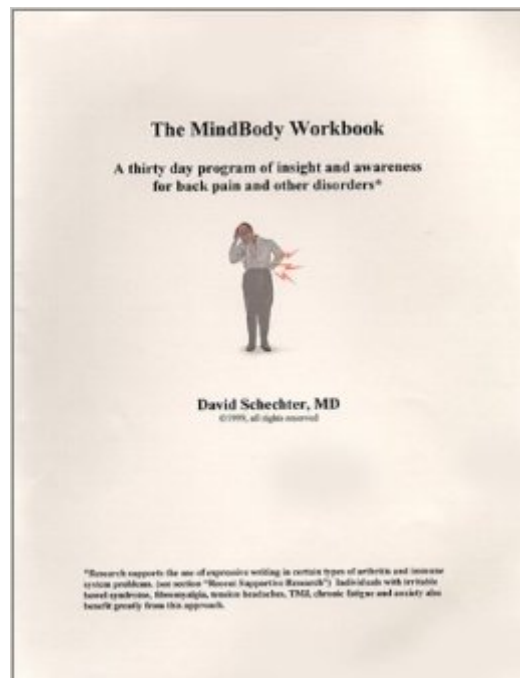


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# The MindBody Workbook: A Thirty Day Program Of Insight And Awareness For People With Back Pain And Other Disorders



## Synopsis

This Workbook offers the reader a thirty-day structured journal to identify and heal from psychological issues that may be causing back pain, neck pain, fibromyalgia, irritable bowel syndrome, tension headaches, RSI, TMJ, and other disorders. The author, Dr. David Schechter, a former student of Dr. John Sarno, has developed a Workbook that instructs and guides the reader through a process of insight and awareness to harness the mindbody connection. This workbook was a key element in a published study that demonstrated the effectiveness of this approach (Alternative Therapies, 2007).

## Book Information

Plastic Comb: 87 pages

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Language: English

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Product Dimensions: 10.8 x 8.4 x 0.4 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (36 customer reviews)

Best Sellers Rank: #120,270 in Books (See Top 100 in Books) #29 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Fatigue Syndrome & Fibromyalgia](#) #676 in [Books > Health, Fitness & Dieting > Women's Health](#)

## Customer Reviews

Chronic pain has been something I have been working to relieve most of my adult life - over half of my life now. Most of my life work has been working with business owners that are in the health and wellness field because this has been something that has plagued me so much personally. I've been to dozens (if not hundreds - who's counting at this point) of allopathic, complementary and alternative practitioners to deal with this pain. I've tried things as aggressive and invasive as radio frequency ablation, cortisone shots, many rounds of Physical Therapy, consults with top surgeons, acupuncture, massage, somatic body therapist, people waving crystals over my head and lots of yoga, stretching and myofascial release. Sometimes I feel like a part-time patient with all the doctor visits I have. I know my health card ID by heart. I have Aetna on speed dial. I have lots of blank insurance forms. I can't stand filling out forms and having to tell my story to yet another person who probably won't be able to help me. I started to research more and

more different methods to deal with pain. What causes pain? So many theories and mysterious reasons. lack of vitamins, water, ergonomics, structural anatomical differences, faulty movement patterns, negative beliefs, bad posture when sitting and standing, old injuries that never healed properly. I watched lots of videos on youtube about ways to deal with pain with non-surgical methods. I started to learn the language of anatomy and dysfunction. When I go to my doctor I can describe anatomically the exact areas of my pain just like a doctor. Where is my pain?

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