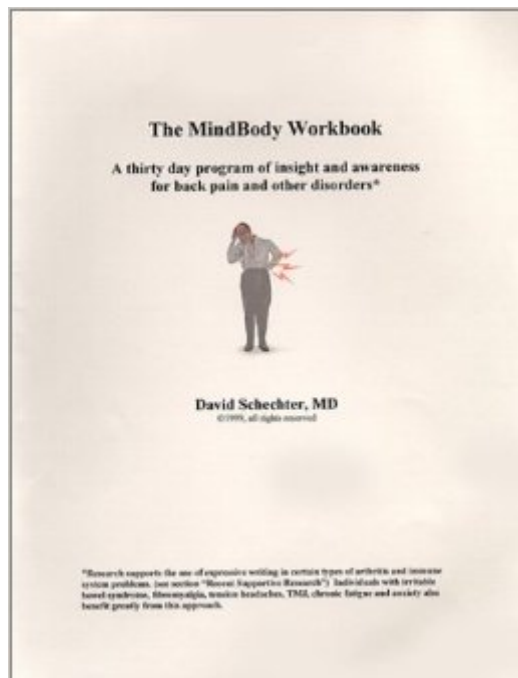


The book was found

# 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

Publisher: MindBody Medicine Publications (November 1999)

Language: English

ISBN-10: 1929997051

ISBN-13: 978-1929997053

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 starsÂ Â See all reviewsÂ (36 customer reviews)

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

## Customer Reviews

Chronic pain has been something I have been working to relieve most of my adult lifeâ Iâ I 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. Iâ I've been to dozens (if not hundreds â " whoâ I'm counting at this point) of allopathic, complementary and alternative practitioners to deal with this pain. Iâ 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 canâ I't stand filling out forms and having to tell my story to yet another person who probably wonâ I'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?

[Download to continue reading...](#)

The MindBody Workbook: A Thirty Day Program of Insight and Awareness for People with Back Pain and Other Disorders The Mindbody Prescription: Healing the Body, Healing the Pain Eating Disorders (Mental Illnesses and Disorders: Awareness and Understanding) You Are Not Your Pain: Using Mindfulness to Relieve Pain, Reduce Stress, and Restore Well-Being---An Eight-Week Program Day Trading Strategies: A Beginners Guide To Day Trading (Day Trading, Trading, Day Trading Strategies, Day Trading Books, Day Trading For Beginners, Day Trading Stocks, Options Book 1) Taking Control of TMJ: Your Total Wellness Program for Recovering from Temporomandibular Joint Pain, Whiplash, Fibromyalgia, and Related Disorders Watch Your Back!: How the Back Pain Industry Is Costing Us More and Giving Us Less\_and What You Can Do to Inform and Empower Yourself in Seeking ... Culture and Politics of Health Care Work) Day Trading: A Beginner's Guide To Day Trading - Learn The Day Trading Basics To Building Riches (Day Trading, Day Trading For Beginner's, Day Trading Strategies Book 1) Depression (Mental Illnesses and Disorders: Awareness and Understanding) The Cognitive Behavioral Workbook for Menopause: A Step-by-Step Program for Overcoming Hot Flashes, Mood Swings, Insomnia, Anxiety, Depression, and Other Symptoms (New Harbinger Self-Help Workbook) Disconnected Kids: The Groundbreaking Brain Balance Program for Children with Autism, ADHD, Dyslexia, and Other Neurological Disorders Insight from the Dalai Lama 2016 Day-to-Day Calendar Wall & Melzack's Textbook of Pain: Expert Consult - Online and Print, 6e (Wall and Melzack's Textbook of Pain) Pain Relief: Manage and Eliminate Pain, Accelerate Recovery, and Feel Better Bonica's Management of Pain (Fishman, Bonica's Pain Management) Autogenic Training: A Mind-Body Approach to the Treatment of Chronic Pain Syndrome and Stress-Related Disorders (Mcfarland Health Topics) Dealing With Difficult People: Get to Know the Different Types of Difficult People in the Workplace and Learn How to Deal With Them (How To Win People, How To Influence People) Communication and Communication Disorders: A Clinical Introduction (4th Edition) (Allyn & Bacon Communication Sciences and Disorders) Language Disorders in Children: Fundamental Concepts of Assessment and Intervention (2nd Edition) (Pearson Communication Sciences and Disorders) A Primer on

Communication and Communicative Disorders (Allyn & Bacon Communication Sciences and Disorders)

[Dmca](#)