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~~Sarno M.D. Interview~~

~~with Dr. John Sarno~~

~~on his book /"The~~

~~divided Mind /"~~

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My TMS Story:

Healing Low Back

Pain / Neck Pain /

Repetitive Strain

Injury (RSI) /u0026

MORE!Dr John Sarno

/u0026 Tension

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Myositis Syndrome  
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the Rage: Saved by  
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~~Methodolgy Lecture~~

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Your Chronic Pain! /

The Wisdom of Dr

John Sarno My

~~CFS/Fibromyalgia~~

~~Breakthrough (after~~

~~13 years)! TMS - How~~

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~~to be successful in  
Eliminating TMS Pain  
/u0026 Symptoms  
Emotional~~

Tracking/Awareness  
For Healing (Part 1)  
Dr. Sarno Part 3. No  
more TMS pain. How I  
did it. Thank you Dr  
John Sarno

---

Relax Is The One  
Word To Heal Chronic  
Pain- TMS- Dr. Sarno  
TMS Sarno



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Meditation - Daily  
Reminders Healing  
illness with the  
subconscious mind |  
Danna Pycher |  
TEDxPineCrestSchool  
Dr John Sarno  
Healing Lower Mid  
Back Pain Sciatica  
Psoas Pain Causes  
Relief 20/20 episode  
End Your Back Pain  
and Body Pain In 5  
MinutesSelf-

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Awareness-The First  
Step to Healing  
Chronic Pain- TMS-  
Dr. Sarno Vlog ep4:  
~~PAIN FREE after 10  
Years - RSI, Carpal  
Tunnel, Tendonitis,  
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Sarno)~~ Mindbody  
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1--Pain Relief  
Discussion with  
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Sarno's 1998 book  
"The Mindbody

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the Body, Healing the  
Pain" functions in a  
very special manner,  
in that educates and  
heals at the very  
same time. It's value  
goes beyond  
traditional study of  
what makes a book  
good or bad, in that it  
is the equivalent of  
medicine v TMS:  
Tension Myositis

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Syndrome is a relatively new term that few doctors are aware of, or want to be aware of.

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the Body, Healing the

...

This book has contributed so much to my healing and it remains a valued



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source of  
encouragement and  
information for me. I  
found I gained a full  
understanding and  
acceptance of TMS by  
reading John Sarno's  
book The Mind Body  
Prescription first,  
followed by The  
Great Pain Deception  
book by Steven  
Ozanich which  
deepened my

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Understanding of the  
condition and how it  
was showing up in  
my life.

## The Pain

The Mind/Body

Prescription:

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John ...

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the Body, Healing the  
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New York Times

bestselling guide to a healthy and pain-free life. Musculoskeletal pain disorders have reached epidemic proportions in the United States, with most doctors failing to recognize their underlying cause.

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Prescription: Healing

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Body, Healing The  
About The Mindbody  
Prescription. When

people speak of MBP  
they refer to Sarno's  
third book,  
commonly called  
"The Mindbody  
Prescription," but  
fully titled The  
Mindbody

Prescription: Healing  
the Body, Healing the

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Pain. Released in 1998, this is the first book by John Sarno where he includes other chronic conditions as TMS, a key component missing from his previous two books, Mind Over Back Pain and Healing Back Pain.

The Mindbody

*Page 21/39*

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## Prescription - The TMS Wiki

In summary, The  
Mindbody

Prescription is about emotions, illness and wellness –how they are related and what one can do to enhance good health and combat certain physical conditions. In other words, it addresses physical

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disorders that are  
caused by repressed,  
unconscious feelings.

John Sarno 'The

Mindbody

Prescription'

Summary - 3 Min ...

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Prescription, written  
by Dr John Sarno. He  
has many years of  
actually curing (not  
just treating) chronic

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pain disorders of  
many different kinds.  
He ...

## Body Healing

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Prescription -

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the Body, Healing the  
Pain Paperback –  
October 1, 1999.  
Great Experience.  
Great Value. Each



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## ... Prescription

Then Healing Back Pain was first published in 1991, presumably as a replacement for Mind Over Back Pain, and then The Mindbody Prescription, in which Sarno expands his thesis — over-reaching, in fact — to explain how other common health

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Problems are created  
and mediated by the  
mind.

## Body Healing

### Critical Analysis

### Review of Dr. John

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The Mindbody  
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Published October  
1st 1999 by Grand  
Central Publishing.

Paperback, 240  
pages. Author (s):  
John E. Sarno. ISBN:  
0446675156 (ISBN13:  
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the Body ...

Book Review: The  
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Pain by John E. Sarno,  
M.D. Warner Books,  
1998, pp. 210  
Reviewed by John A.  
Speyrer I first learned

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of Dr. John E. Sarno  
when he was a guest  
on Larry King's  
television show a few  
years ago.

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Healing The  
In The MindBody  
Body Prescription  
Prescription Dr. Sarno  
moves beyond just  
the back to explain  
how and why the  
mind causes pain in  
any number of places  
in the body; he  
applies those insights  
to help heal other  
maladies such as  
allergies, carpal

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tunnel syndrome,  
skin problems, and  
chronic fatigue  
syndrome.

## The Pain

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the... book by John E

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With the Healing  
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Prescription DVD,  
viewers can learn the

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nature of the Tension  
Myoneural Syndrome  
( “ TMS ” ) which  
includes: Most  
structural  
abnormalities do not  
cause pain. The  
unconscious mind  
can create real  
physical changes in  
our bodies.

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## The Mindbody Prescription ...

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Healing Back Pain is a  
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helped over 500,000  
readers. Continuing  
the research since his  
ground-breaking  
book, the renowned  
physician now  
presents his most  
complete work yet on

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between mental and  
bodily health....

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