

"MY LIFE WAS FILLED WITH EXCRUCIATING BACK AND SHOULDER PAIN UNTIL I APPLIED DR. SARNO'S PRINCIPLES, AND IN A MATTER OF WEEKS MY BACK PAIN DISAPPEARED. I NEVER SUFFERED A SINGLE SYMPTOM AGAIN. . . . I OWE DR. SARNO MY LIFE." —Howard Stern

Dr. John E. Sarno's *Healing Back Pain* is a *New York Times* bestseller that has helped over 500,000 readers. Continuing the research since his groundbreaking book, the renowned physician now presents his most complete work yet on the vital connection between mental and bodily health. . . .

The Mindbody Prescription

Musculoskeletal pain disorders have reached epidemic proportions in the United States, with most doctors failing to recognize their underlying cause. In this acclaimed volume, Dr. Sarno reveals how many painful conditions—including most neck and back pain, migraine, repetitive stress injuries, whiplash, and tendonitis—are rooted in repressed emotions. . . .and shows how they can be successfully treated *without drugs, physical measures, or surgery*. His innovative program has already produced gratifying results for thousands of patients. THE MINDBODY PRESCRIPTION is your invaluable key to a healthy and pain-free life.

"HE HAS CURED THOUSANDS. . . . I RECOMMEND THIS BOOK HIGHLY."

—Benjamin J. Sadock, M.D., professor and vice chairman,
Department of Psychiatry, NYU Medical Center

"JOHN SARNO HAS CHANGED MY LIFE AND THE LIVES
OF EVERYONE TO WHOM I HAVE RECOMMENDED HIM."

—Anne Bancroft

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Running Time: Approx. 7 Hours • Unabridged

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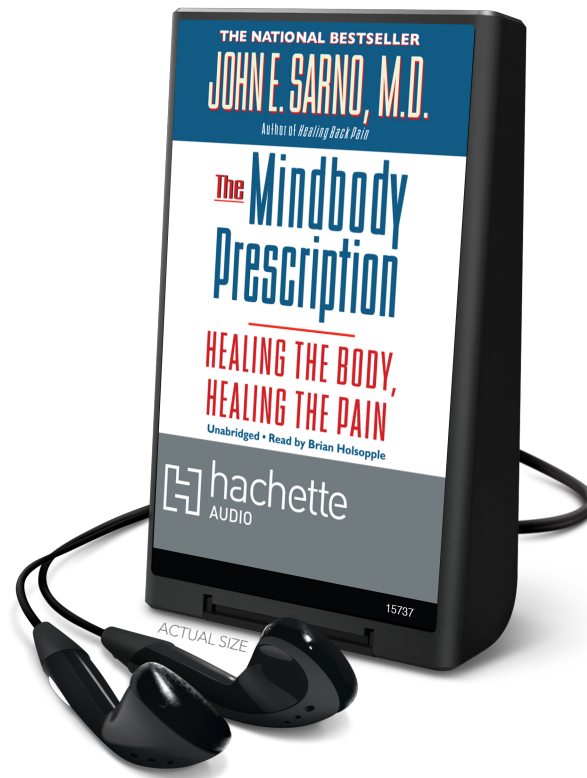
The Mindbody Prescription

HEALING
THE BODY,
HEALING
THE PAIN

JOHN E. SARNO, M.D.

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