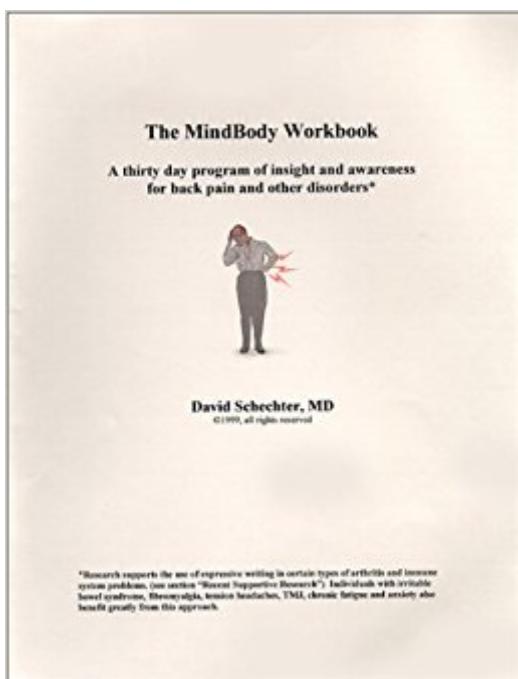


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# The MindBody Workbook: A Thirty Day Program Of Insight And Awareness For People With Back Pain And Other Disorders



## **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

Publisher: MindBody Medicine Publications (November 1999)

Language: English

ISBN-10: 1929997051

ISBN-13: 978-1929997053

Package Dimensions: 10.8 x 8.4 x 0.4 inches

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

Average Customer Review: 4.1 out of 5 stars 42 customer reviews

Best Sellers Rank: #118,782 in Books (See Top 100 in Books) #26 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Fatigue Syndrome & Fibromyalgia #591 in Books > Health, Fitness & Dieting > Women's Health

## **Customer Reviews**

I've been fascinated by the mindbody connection since before medical school. The seminal event of my medical education in this regard was my own cure from chronic, unexplained knee pain with the guidance of John Sarno, MD from NYU's Rusk Institute. After this personal success, I performed a follow-up study of his patients, under his auspices and determined that this approach proved successful in a remarkably high 77% of chronic back sufferers. As my career has progressed, I've developed my own program of treatment that includes an office consultation and educational seminar on this subject for my patients. I've developed a series of materials including audiotapes, article, video, and now this Workbook. I feel this Workbook offers the best opportunity for people suffering from mindbody disorders that I may not personally be able to treat. With the help of a local physician to exclude more serious disease, they should be able to benefit greatly from the thirty-day structured journal approach, on their own, as my own patients do in my office.

A thirty-day program of insight and awareness for back pain and other disorders.

Today I completed Dr. David Schechter's 30 day Mindbody workbook and consider myself cured of IBS/CIC, and hiatus hernia. In 45 years I've tried veganism, raw foods diets, juice fasting, herbal protocols, acupuncture, yoga, Pilates, meditation, psychotherapy, vigorous exercise, and also, just ignoring the problem believing it would go away if I stopped focusing on it and trying so hard. I make fermented foods, take probiotics, drink enough --not too much-- water, I drink lemon water and milk thistle for my liver, etcetera, etcetera. I've understood for several years, having read Sarno and experienced some relief, that I'm a classic TMS case. The Sarno approach gave me hope. But I couldn't feel "cured" until now. My awareness of my conditions has been a huge, looming ball that made me roll my eyes and think, Yeah, I'm such a case. I didn't know where to begin. The workbook gave me a way to begin, and support all the way through --it is very thorough, and well-designed to help you get actual results. I highly recommend it!

Mind/Body Medicine is all you need.

REally made a difference in reducing my pain plus raises awareness.. and explains the connections. Nice structure for the process.

Really helped me get in touch with some feelings and begin to think more about how I feel as opposed to focusing and obsessing with the pain.

I still haven't finished the workbook but I can see a change in my attitude toward my pain. I no longer feel like a victim. Thank you.

This book changed my life. Highly recommend for anyone who suffers - or anyone who loves someone who suffers - chronic physical conditions.

Learned a lot about my pain and emotions. The mind body is a strong connection. Follow the suggestions and you should feel better.

I have not tackled this workbook yet. But the accompanying paperback is very readable,

informative, and quite helpful.

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The MindBody Workbook: A Thirty Day Program of Insight and Awareness for People with Back Pain and Other Disorders Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) The Divided Mind: The Epidemic of Mindbody Disorders The Mindbody Prescription: Healing the Body, Healing the Pain Back RX: A 15-Minute-a-Day Yoga- and Pilates-Based Program to End Low Back Pain Heal Pelvic Pain: The Proven Stretching, Strengthening, and Nutrition Program for Relieving Pain, Incontinence,& I.B.S, and Other Symptoms Without Surgery (All Other Health) Heal Pelvic Pain: The Proven Stretching, Strengthening, and Nutrition Program for Relieving Pain, Incontinence,& I.B.S, and Other Symptoms Without (All Other Health) Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) Scoliosis Prevention and Treatment: The Ultimate Guide to Health, Fitness, Dieting, Recovery and Growth: osteopathy, alternative medicine, yoga, contemporary ... Back Pain, Pain Relief, Pain Management,) The Pain-Free Program: A Proven Method to Relieve Back, Neck, Shoulder, and Joint Pain 8 Steps to a Pain-Free Back: Natural Posture Solutions for Pain in the Back, Neck, Shoulder, Hip, Knee, and Foot Mind Over Back Pain: A Radically New Approach to the Diagnosis and Treatment of Back Pain The Back Pain Book: A Self-Help Guide for the Daily Relief of Neck and Low Back Pain Back Pain: How to Relieve Low Back Pain and Sciatica The Wharton's Back Book: End Back Pain--Now and Forever--With This Simple, Revolutionary Program Back Care Basics: A Doctor's Gentle Yoga Program for Back and Neck Pain Relief The Matrix Repatterning Program for Pain Relief: Self-Treatment for Musculoskeletal Pain (New Harbinger Self-Help Workbook) Fixing You: Hip & Knee Pain: Self-treatment for IT band friction, arthritis, groin pain, bursitis, knee pain, PFS, AKPS, and other diagnoses 10 KEYS TO UNLOCKING HAND PAIN: Increase blood flow to ease pain & regain your strength, power & flexibility in 5 minutes a day (10 Keys to Unlocking Pain Book 2) End Everyday Pain for 50+: A 10-Minute-a-Day Program of Stretching, Strengthening and Movement to Break the Grip of Pain

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