

HEALING BACK PAIN



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Healing Back Pain

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Along my journey to becoming a life coach and working with people who struggle with chronic pain and other trauma after effects, I came across several books and resources that helped me change my life.

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John Sarno Healing Back Pain The Mind Body Connection

Essential reading for low back pain sufferers and most health care professionals. The book Healing Back Pain The Mind Body Connection written by Dr. John E. Sarno is a medical pioneer whose program has helped thousands of thousands of people overcome their back conditions, without exercise, drugs or dangerous surgery.

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