

*The New York Times Bestseller*

**JOHN E. SARNO, MD**

*author of Mind Over Back Pain and The Mindbody Prescription*

# HEALING BACK PAIN

*The Mind-Body Connection*



WITHOUT DRUGS • WITHOUT SURGERY  
WITHOUT EXERCISE  
BACK PAIN CAN BE STOPPED FOREVER

# Healing Back Pain The Mind Body Connection

**D Siedentop**



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