



# **The MindBody Workbook: a thirty day program of insight and understanding for people with back pain and other disorders**

*David Schechter MD*

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## **The MindBody Workbook: a thirty day program of insight and understanding for people with back pain and other disorders** David Schechter MD

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, 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.

### From the Author

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.

This Workbook has been used successfully with appropriately selected patients in the office and in published research studies. Many thousands have been helped by ordering and doing the home program.

Author note: If you order the ebook, be prepared to answer the questions in a notebook, computer or tablet, or by voice recording. Research has shown the effectiveness of this workbook is based upon your doing something with the answers (writing, recording), not just reading the material.

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#### **Virginia Villalon:**

The actual book The MindBody Workbook: a thirty day program of insight and understanding for people with back pain and other disorders has a lot of information on it. So when you make sure to read this book you can get a lot of help. The book was authored by the very famous author. This articles author makes some research ahead of write this book. This kind of book very easy to read you may get the point easily after reading this article book.

#### **Jess Bolan:**

Playing with family within a park, coming to see the water world or hanging out with good friends is thing that usually you may have done when you have spare time, then why you don't try point that really opposite from that. 1 activity that make you not experience tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of information. Even you love The MindBody Workbook: a thirty day program of insight and understanding for people with back pain and other disorders, you could enjoy both. It is fine combination right, you still wish to miss it? What kind of hang type is it? Oh seriously its mind hangout men. What? Still don't get it, oh come on its known as reading friends.

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