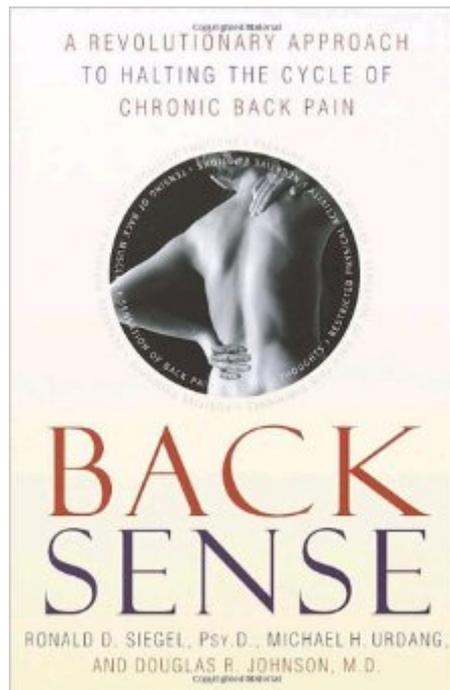


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# Back Sense: A Revolutionary Approach To Halting The Cycle Of Chronic Back Pain



## Synopsis

On occasion nearly everyone experiences short-term back pain from sore or strained muscles. But for many who come to treat their back gingerly because they fear further "injury," a cycle of worry and inactivity results; this aggravates existing muscle tightness and leads them to think of themselves as having a "bad back." Even worse is the understandable but usually counterproductive assumption that back pain is caused by "abnormalities"â€”bulging disks, a damaged spine, and so on. However, these abnormalities are frequently found in those who have absolutely no pain whatsoever. In reality, most backs are strong and resilient, built to support our bodies for a lifetime; truly "bad backs" are rare. Drawing on their work with patients and studies from major scientific journals and corporations, the authors of Back Senseâ€”all three are former chronic back pain sufferers themselvesâ€”developed a revolutionary self-treatment approach targeting the true causes of chronic back pain. It is based on conclusive evidence proving that stress and inactivity are usually the prime offenders, and it allows patients to avoid the restrictions and expense of most other treatments. After showing readers how to rule out the possibility that a rare medical condition is the source of their problem, Back Sense clearly and convincingly explains the actual factors behind chronic back pain and systematically leads readers toward recapturing a life free of back pain.

## Book Information

Paperback: 256 pages

Publisher: Harmony; Reprint edition (April 9, 2002)

Language: English

ISBN-10: 0767905814

ISBN-13: 978-0767905817

Product Dimensions: 5.2 x 0.5 x 8 inches

Shipping Weight: 9.1 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 starsÂ Â See all reviewsÂ (53 customer reviews)

Best Sellers Rank: #223,150 in Books (See Top 100 in Books) #45 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Backache #80 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Physical Impairments #114 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases

## Customer Reviews

I was a skeptic. After many years of spending thousands of dollars and countless hours with

medical doctors and chiropractors, I could not believe that changing the way I thought about my pain could help me conquer the crippling spasms that had wracked my life for nearly 20 years. I had tried special exercises, surgical consults, CAT scans, and powerful medications- nothing could take away those episodes that left me in agony, tilting to one side as if severely wounded. These spasms attacked me repeatedly, leaving me incapacitated for weeks and months. What I discovered through the Back Sense approach, was that the cure lay in three areas: The first, and most important, is the awareness that I should not fear the pain as something that was about to cripple me as it had done in the past. Nor should I react by favoring my back or avoiding normal activities that I worried might have strained it in the past. Finally, root causes of the pain invariably were in how I managed my own feelings, especially stress, worry, and sometimes anger. I am now free of spasms, and no longer worry about my back. I urge you to read this book.

I encourage people with back problems to read and take to heart the contents of this book. The three authors bring different perspectives to the issue--psychological, emotional, physical--and in my judgment they have given a tremendous gift to the public. The book assumes some of the same principles that John Sarno does in his work (in fact, Siegel had been one of Sarno's patients), but their book is more of a self-help manual that speaks directly to the sufferer. (I've also read Sarno's books, and, though valuable, I think Back Sense is a better book.) The book saved me from much suffering. It helped me to realize (both consciously and emotionally) that my own back pain was not structural but muscular--the result of stress and negativity. Back Sense then takes readers step by step through ways of regarding their pain, of dealing with it through exercise, and ultimately of conquering it. This can be a long process (it took me over a year), but the authors don't promise quick panaceas or the immediate cessation of pain (as Sarno does). The only element in the book that I would improve would be the exercise sections. I took the advice of the authors and exercised despite the pain, but it wasn't until I began to do yoga that the pain stopped. My guess is that in future editions of the book that the authors will add many more stretching exercises to the pain reduction regimen. In all, I cannot say enough positive about this book. I only wish that the contents of it could be spread around more so that many other back sufferers could benefit from it.

I have had mild to moderate, with occasional severe, back pain for many years. Generally, the pain started when I was in graduate school. I thought that the long hours of sitting in class, reading and studying was damaging my "weak" back. After reading this book, I started to realize how much stress was a major factor in my back pain. Just before I read the book I was visiting my chiropractor

every week and getting a massage a couple times a month. I loved the treatments, but I was getting increasingly concerned that I had a serious problem with my back that was going to disable me, sooner, rather than later. After finishing Backsense, I have stopped stressing about every twinge, tight muscle or pain in my back---and the pain has been much less and less frequent! I now enjoy my gym activities and play time with my children, knowing that my back is strong and healthy. Backsense gave me a better understanding and confidence in the strength and durability of my back. It was easy to read and understand. Anyone searching for relief from back pain should read this book.

After a fall, I suffered from chronic leg pain for a period of 20 months before finding this book. For 20 months I spent countless hours seeing doctors, physical therapists, chiropractors, message therapists, and other health practitioners, including acupuncture. I was desperate to get well. I had made progress, but I still felt it very difficult to walk or move normally--I was still in essence "crippled," and I feared my life might never been normal again. Then I found this remarkable book. In the period of time it took me to read the first few chapters, I knew what the authors were suggesting would work for me. I was able to immediately implement the principles. I got up from where I was reading and began to walk completely normally for the first time in over a year and a half. Soon thereafter, I found myself bounding up stairs and skipping with joy. Three months later, I'm still doing great. I'm so happy to be "Free At Last!" If you suffer from chronic back, neck, or leg pain, I urge you to read this book. It may not have the same effect on you, but you have nothing to lose but your pain!

Unlike most of what we are told by friends, family, and doctors, our back pain is not what we think. Ronald Siegel, Psy.D. et al. offers a new approach to our pain through research and his own personal experience. The book describes the way in which we have been taught about back pain and I was surprised at how often I felt as though he were writing exactly what I had experienced. The book looks at research done on sufferers of back pain and by the end of it you have a whole new outlook on what has been causing your pain and, most importantly, a new way to work with that pain. If you suffer from back issues, I hope you buy this book. Be ready for a new way to approach your back pain but I believe, through my own experience, you will be pleasantly surprised. Good luck!

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