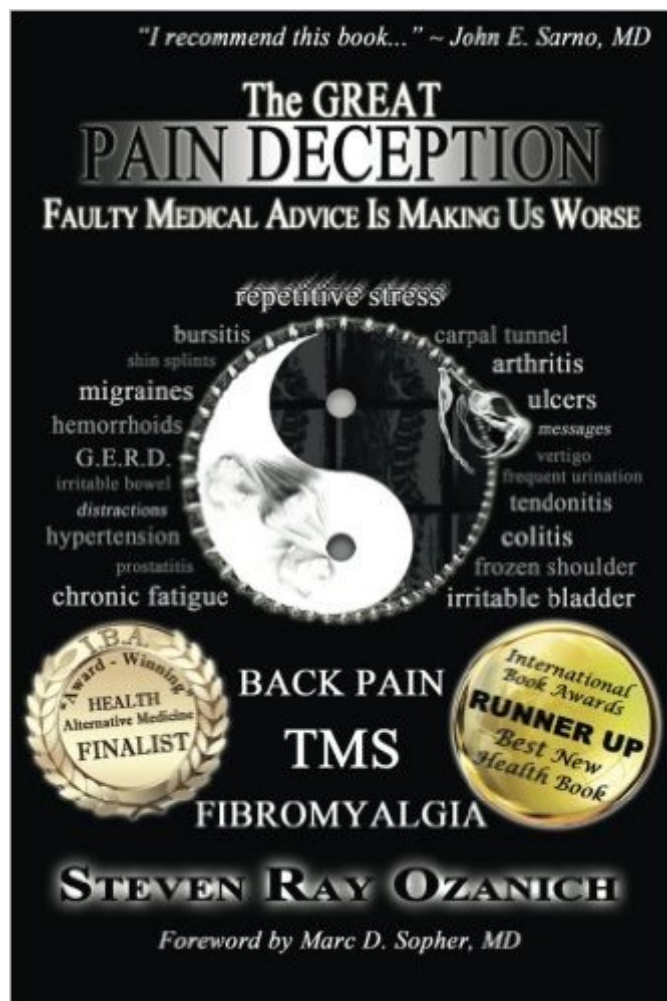


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# The Great Pain Deception: Faulty Medical Advice Is Making Us Worse



## Synopsis

"I recommend this book." John E. Sarno, MD "I consider this to be the definitive encyclopedia of TMS." Paul Gwozdz, MD "There is great wisdom and clarity here. I highly recommend this book and its message." Christiane Northrup, MD "Steve has done an excellent job exploring the realm of mindbody medicine, making this an excellent resource for those who are still looking for answers." Marc Sopher, MD "This is a really really great book!" Janette Barber Recipient of 2 awards in the 2012 International Book Award contest. The Great Pain Deception was awarded Runner-Up Finalist in "Best New Health Book" of 2012 and also honored as Finalist in "Health: Alternative Medicine." Back pain, knee pain, shoulder pain, hand and foot pain, rarely come from herniated discs and joint failures. Pain, such as fibromyalgia, is a deception of the mind created by the brain to keep dark, threatening, and sad emotions from entering consciousness. The vast majority of pains and symptoms emanate from a mindbody process stemming from a personality of perfectionism. However, pain is not "in the mind" of the sufferer--and is often misrepresented as such by people who reject a mindbody process for reasons of ego and monetary gain. Symptoms inside and outside of the body are primarily the result of emotional conflict hidden within the body and outside of awareness. We live in a world of medical marvels. However, those marvels have become a double-edged sword, often creating more problems than they resolve. John Sarno, MD, at the NYU School of Medicine discovered in the 1970s that back pain was not coming from the things seen on the imaging, such as herniated discs, arthritis, stenosis, scoliosis, etc. Pain was coming from oxygen reduction through the autonomic nervous system due to elevated tension levels, but had been errantly linked to the "normal abnormalities" seen on MRIs and X-rays. Most physicians refused to believe his findings even though his success rate in healing the most troublesome of pain-cases was well above theirs. Dr. Sarno labeled the disorder TMS, or tension myoneural syndrome, currently being called The Mindbody Syndrome. Inside The Great Pain Deception Steve tells his compelling story of a 30-year battle with pain and ultimate healing after discovering Dr. Sarno's work. After Steve healed he began receiving hundreds of emails, calls, and letters, asking for his help--too many to respond to, so he decided to write his experience down in a book. After 10 years of research, Steve has conveyed an amazing testimonial of triumph over tragedy, an inspiring story of healing that is a must read if you suffer from any ailment from mild to severe. The only thing standing between good health, and healing, is ego. Pain and unpleasant symptoms serve a purpose. Disease is the report card of how happy we are; feedback of a life not lived. Symptoms are anger flowing over into the physical realm, signs of internal conflict. Pain and illness are the virtual language of the unconscious mind. When we are untrue to ourselves and needs, living by the

codes and wishes of others, denying our deepest desires--symptoms then form to reveal the deeper conflict. Modern medicine is pointing us toward our bodies in the attempt to cure us through engineering the human system. These high-tech processes are often making us worse by ignoring the message that the body is trying to convey through such things as colitis, irritable bladder, fibromyalgia, skin disorders and an infinite variety of other symptoms, including cancer. This book does an excellent job of exploring the realm of mind within body--and ultimate healing.

## **Book Information**

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## **Customer Reviews**

I hate writing reviews and rarely do. But this book is so good, I had to overcome my inclination to let the rest of the world put their opinions out there without a word from me. This is a very dense book, packed with information on TMS. It's only 330 plus pages, but I think the author went for the smallest margin possible to max out the words per page. It's long and took me three months to read, and I'm a fast reader. It's a wonderful resource for those new to the concept of TMS and also for those of us who need a refresher. I've read everything out there on the subject and whenever I have a flare up I pull up the old standbys and slog through. But sometimes I think I can't take reading Sarno, Amir or Sopher one more time. So I was pleased to have something new to help with a difficult time. When I first started reading I was a bit put off by the incessant puns, thinking the book could have been cut in half without the asides and word play. But then his style grew on me, and I felt like I was picking up a letter from an old and very amusing friend. I also have to admit I cringed at his reference to The Secret and his (presumed) belief in the Law of Attraction; hence, the 4.5 stars for invoking my gag response. I really hate that stuff. But, who knows? Maybe he's right. I'm the one

still struggling while he's not. The chapter on his life and his trials with pain is heartbreaking. Reminds me of the maid in John Irving's *The World According to Garp* who laments when reading *The Pension Grillparzer*, "Do it never end?" But then Chapter 5 saves us when he reveals how he healed. It is epic, heroic and inspiring. I'm currently rereading both chapters, even though Mr. Ozniach tells us not to. He suggests we read something else, investigate further.

One day in Dec 2007, I came home from my daily gym workout and sat down to an excruciating, sharp, burning pain around my tailbone. There was no physical trauma, it just came out of nowhere. At age 68, I was in excellent health and in good physical shape. I expected it to go away quickly as these things usually do. It didn't, it got worse and was triggered whenever I sat, on any type of surface, soft or hard. It has been four years since it started and it's still as intense as ever. The condition is known as coccydynia or tailbone pain. During this time, I tried pretty much every medical and alternative "solution" short of surgery; injections acupuncture, physical therapy, pain killers, chiropractic, massage, yoga stretching. Nothing worked, the pain continued. After the first year, I had a corticosteroid injection and x-ray by an "expert" who told me that part of my coccyx bone was "dislocated". After that I firmly believed that this was what was causing the pain, after all, he was an "expert". Around that time, I stumbled upon a book by Dr John Sarno, "Healing Back Pain", many people have been healed just by reading this book on which he describes TMS (Tension Myo-Neural Syndrome) as being the main cause of many common types of pain, the result of repressed emotions that manifest as physical pain. I was still convinced my coccyx was damaged so the book had no effect at all, except of course great disappointment which made the pain worse! A while ago, a friend sent me an email about a new book "The Great Pain Deception" and I got it. Over the past four years I've read about two dozen books related to healing chronic pain and I would gladly trade them all in for this one book.

First of all, it is important to define "TMS" and "TMS pain." "TMS" stands for The Mind-Body Syndrome, that the mind is truly connected to the body in more ways than we can imagine. "TMS pain" refers to pain that is related to the mind-body connection and is described as psychosomatic. Psycho refers to our psyche (our brain) and soma (Latin) refers to our body. The mind is an active participant in the process of pain. Dr. Sarno states that the TMS pain is induced by the brain to distract us from repressed anger. For anyone to hear these statements for the first time, it is possibly overwhelming and unbelievable. As it was for the author, it was for me initially. My experience with back pain was in the summer of the year 2000 when Dr. Sarno's book was number 4,000 on 's best

seller list for this category. Now it is a well deserved number one on the list. There is my favorite website: ([...]) serving as a forum to help people understand. You may wish to check it out to review stories from other people that have been through the process. Someone hearing that their pain is psychosomatic or emotionally induced may react that it is the same to them as hearing that they are crazy and that the pain is not real. It is difficult to accept and many give up at this point. However, TMS pain is not only real, it is one of worst pains that we can have. Some people contend that Dr. Sarno is wrong. Some people say that he says that the pain is all in one's head. They contend that the pain is real. Well, the pain is in one's head and it is real. All pain is in one's head. The nerves at the site of an injury send the pain message to the brain where it is felt.

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