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This book has contributed so much to my healing and it remains a valued source of encouragement and information for me. I found I gained a full understanding and acceptance of TMS by reading John Sarno's book The Mind Body Prescription first, followed by The Great Pain Deception book by Steven Ozanich which deepened my understanding of the condition and how it was showing up in my life. I have ...

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About The Mindbody Prescription When people speak of MBP they refer to Sarno's third book, commonly called "The Mindbody Prescription," but fully titled The Mindbody Prescription: Healing the Body, Healing the Pain.

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Dr. John E. Sarno's Healing Back Pain is a New York Times bestseller that has helped over 500,000 readers. Continuing the research since his groundbreaking book, the renowned physician now presents his most complete work yet on the vital connection between mental and bodily health, The Mindbody Prescription.

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