



# Curar El Cuerpo, Eliminar El Dolor (Spanish Edition)

*John E. Sarno*

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## **Curar El Cuerpo, Eliminar El Dolor (Spanish Edition)** John E. Sarno

Dolor cronico de espalda, jaquecas, alergias, problemas gastrointestinales, etc. El Dr. Sarno lleva mas de treinta anos tratando los casos mas dfficiles, muchas veces personas que ya han probado todos los tratamientos imaginables y que acuden a el porque todo lo demas les ha fallado. Sin embargo consigue curar a casi el 90% de ellas. Como lo logra? La clave esta en que la gran mayoria de los dolores que padecemos no son originados por problemas fisicos (nuestro cuerpo es mucho mas fuerte de lo que pensamos) sino, psicologicos. El problema real no esta en esa espalda o en ese estomago que te duele, sino en tu propia mente. De este modo, lo que necesitas no son sesiones de fisioterapia ni antiacidos, sino una mayor comprension de ti mismo y sobre todo, aprender a identificar las emociones reprimidas que han originado esos sintomas que padeces. / 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 ground-breaking book, the renowned physician now presents his most complete work yet on the vital connection between mental and bodily health.... Musculoskeletal pain disorders have reached epidemic proportions in the United States, with most doctors failing to recognize their underlying cause. In this acclaimed volume, Dr. Sarno reveals how many painful conditions-including most neck and back pain, migraine, repetitive stress injuries, whiplash, and tendonitises-are rooted in repressed emotions...and shows how they can be successfully treated without drugs, physical measures, or surgery. His innovative program has already produced gratifying results for thousands of patients. The Mindbody Prescription is your invaluable key to a healthy and pain-free life.

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Spent a free time to be fun activity to do! A lot of people spent their free time with their family, or all their friends. Usually they undertaking activity like watching television, likely to beach, or picnic from the park. They actually doing same task every week. Do you feel it? Do you need to something different to fill your personal free time/ holiday? May be reading a book may be option to fill your totally free time/ holiday. The first thing you ask may be what kinds of e-book that you should read. If you want to try look for book, may be the guide untitled Curar El Cuerpo, Eliminar El Dolor (Spanish Edition) can be great book to read. May be it can be best activity to you.

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