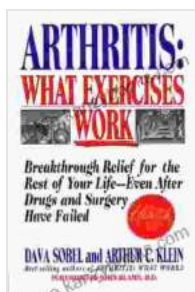


Breakthrough Relief For The Rest Of Your Life Even After Drugs And Surgery Have Failed

If you're struggling with chronic pain, you know how debilitating it can be. It can make it difficult to work, sleep, and enjoy your life. You may have tried everything from drugs to surgery, but nothing has worked.



Arthritis: What Exercises Work: Breakthrough Relief for the Rest of Your Life, Even After Drugs and Surgery

Have Failed by Dava Sobel

★★★★☆ 4.2 out of 5

Language : English
File size : 3761 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting: Enabled
Word Wise : Enabled
Print length : 221 pages



But there is hope.

Breakthrough Relief For The Rest Of Your Life Even After Drugs And Surgery Have Failed is a groundbreaking new book that provides a revolutionary new approach to pain management. This book is not about quick fixes or magic cures. It's about a comprehensive approach to pain management that can help you achieve lasting relief.

The book is written by Dr. John Sarno, a world-renowned expert in pain management. Dr. Sarno has spent decades studying the relationship between pain and the mind. He has found that most chronic pain is caused by a condition called TMS (Tension Myositis Syndrome). TMS is a psychosomatic condition that is caused by stress, anxiety, and depression.

Dr. Sarno's approach to pain management is based on the idea that TMS is a learned response. He believes that we can unlearn TMS and achieve lasting relief from pain.

The book provides a step-by-step program that can help you unlearn TMS and achieve lasting relief from pain. The program includes:

* Education about TMS * Stress management techniques * Relaxation techniques * Exercise * Nutrition

The program is designed to help you identify the root cause of your pain and develop the skills you need to manage your pain effectively.

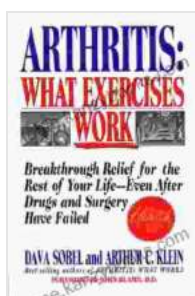
If you're struggling with chronic pain, I urge you to read *Breakthrough Relief For The Rest Of Your Life Even After Drugs And Surgery Have Failed*. This book could change your life.

Here are just a few of the things people are saying about *Breakthrough Relief For The Rest Of Your Life Even After Drugs And Surgery Have Failed*:

* "This book is a lifesaver! I've been struggling with chronic pain for years, and nothing has worked. But after reading this book and following the program, I'm finally pain-free." - Mary J. * "I've been to countless doctors

and specialists, but no one could help me. I was about to give up hope when I found this book. I'm so glad I did. This book has given me my life back." - John S. * "This book is a must-read for anyone who is struggling with chronic pain. Dr. Sarno's approach is groundbreaking, and it can help you achieve lasting relief." - Dr. Mark J.

If you're ready to take control of your pain and live a pain-free life, Free Download your copy of Breakthrough Relief For The Rest Of Your Life Even After Drugs And Surgery Have Failed today.



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