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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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MindBody Prescription, written by Dr John Sarno. He has many years of actually curing (not just treating) chronic pain disorders of many different kinds. He ...