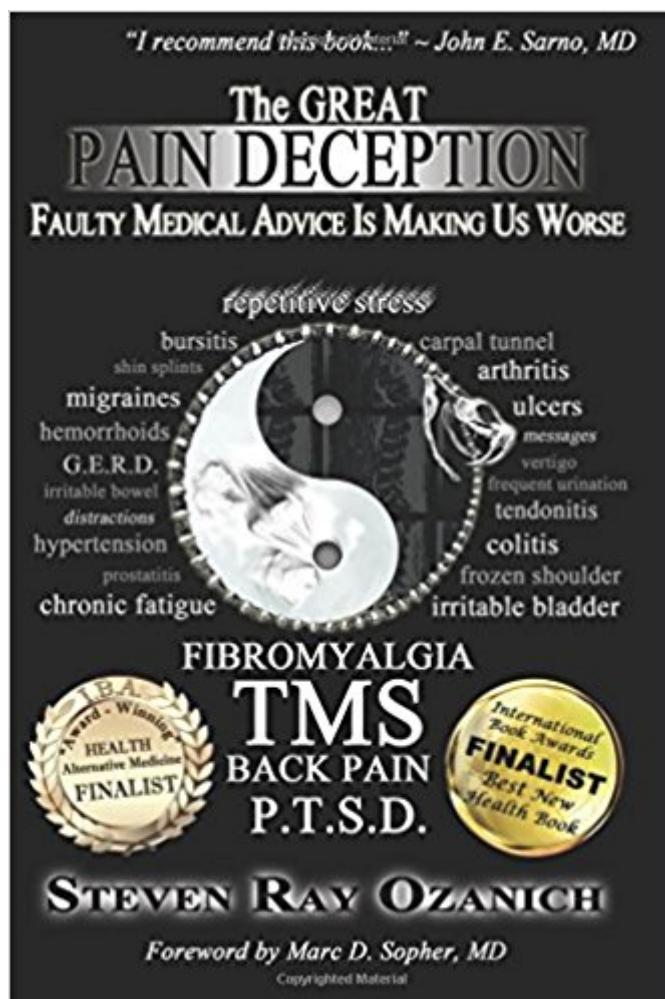


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# The Great Pain Deception: Faulty Medical Advice Is Making Us Worse



## 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

Steven Ray Ozanich Born in Warren Ohio Newton Falls High School Associates and Bachelors Degrees from Youngstown State University Masters Degree in Business Youngstown State University Hobbies: plays acoustic fingerstyle guitar, golf, enjoys comedy, quantum mechanics and matter formation, and American college football.

I never write reviews, it's even my first one but for that book I felt that there is no way I am not doing it. If you were diagnosed with fibromyalgia or you are suffering pains, like back pains, migraines, neck, knees and any other pains that no one really knows what they are, or, you have been told you have Herniated disc or need to replace knees etc. This book is for you. It explains about TMS and fibromyalgia unlike just in a way that you will understand that YOU got the power to heal yourself. Steven Ozanich has suffered from a syndrome known as TMS, a syndrome that was recognized and developed by famous Dr Sarno that wrote the books: "Healing back pains" and "The Mindbody Prescription".

ÃƒÂ¢Ã  ¬Ã  Å“The Divided MindÃƒÂ¢Ã  ¬Ã  Å“ books that change people life's !TMS is fibromyalgia , this is a must supplements book for all the people who read books about TNS and about mine body disorders , Steve tells he's own unbelievable story about the journey he made to recover from is horrible pains that he had for more than 25 years!!! ,after doctors told me he needs back surgeryÃƒÂ¢Ã  ¬Ã  â„¢she was excepting what Dr. Sarno say , and he was pushing himself over the edge time after time and day by day with an endless desire to heal.At the book he give information about TMS fibromyalgia and mind-body disorders based on his story and his understanding . He tells his life story and explains in unique way what going in the mind and how it can create pains and why almost all of us have something like that.Some of people get to a level of pains that are disabling them to function. But you can win ÃƒÂ¢Ã  ¬Ã  âœ like he won.What I loved is that he writes all in a way u can understand easily, and that he had it himself ÃƒÂ¢Ã  ¬Ã  âœ what make u feel more connected.We can all take an example from his journey itÃƒÂ¢Ã  ¬Ã  â„¢s a must supplement for Sarno readers as well.READ IT - IT WILL HELP YOU THO HEAL FROM YOUR PAINS.

To my regret I cannot give this important book five stars 1) because of its confusing organization, and 2) because problems that are cited on the cover, such as arthritis, hypertension, bursitis, and others are nowhere to be found in the body of the book, or, if I missed them, they are not in the index. The book needed much better editing. However, if one has the patience to deal with the organization, and is not put off by the things it says it's going to address but doesn't, there's a powerful story in Ozanich's own experience and a great deal to be gleaned about Dr. Sarno's pioneering work. Since in less than a week, my relatively minor neck pain is virtually gone, I'm certainly a big believer.

I am currently turning the corner on solving my own pain journey. Before reading Steve's book I already finished Sarno's 'Healing Back Pain' and Fred Amir's 'Rapid Recovery...'.I also now have 'The Mind Body Perscption, the 'Divided Mind'and Dr. Schubner's 'Unlearn Your Pain'.All of these are powerful and have been vital in my full understanding and working through while desolving my pain. In brief my back is a mess according to doctors, x-rays and mri's. Have been through all the typical treatments, PT's, ice, heat, shots, epidurals for my low back, left hip (sciatica) and lower left calf pain. I was sure that this would all lead to surgy until I was introduced to mindbody solutions bought to us through the genius of Dr. John Sarno and the above readings.I recently finished reading "The Great Pain Deception". I consider this an amazingly detailed coverage of mindbody

syndroms. This book has not only added to my knowledge and confidence in Sarno's works but is helping me power through my recovery. Steve kept my interest and attention throughout this volume. He goes in to great depth on his own life struggles and how he learned and then acted upon that knowledge to 'cure' his physical pain and agony that was very real but was powerfully generated by our wily mind that wants to protect us by diverting our attention to physical rather than the psychological. Steve bases this powerful book on Dr. Sarno's outstanding life's work in uncovering the details of how psychosomatic conditions are the bases for MOST pain manifestations (particularly chronic symptoms) that most people experience in one form or another. Steve also states many times throughout the book that it was in particular Sarno's "Healing Back Pain" book that was the fundamental stimulus for his personal healing. I would therefore highly recommend that anyone serious about investigating and starting the healing process must buy and read (more than once) "Healing Back Pain". Steve also encourages deepening our understanding through reading other available authors on the Mindbody Syndromes. After all, Dr. Sarno says that awareness brought about by this knowledge is the key to this therapy for psychosomatic disorders. Steve gives that "knowledge is power" a super boost! Be open and ready to learn. Bottom line, I give the highest 5 star rating to Mr. Ozanich's book and feel it (along with Sarno's works) should be required reading for all aspiring doctors of both the physical and mental/psychological. With better understanding we come to know that it's not a mind with a body but one and the same together as mindbody. Most purely physical cures either fail or are only temporary solutions because they don't understand and embrace this truth. This book is very deep at times however he covers the concepts from so many angles with clear explanation and references while incorporating a measure of humor and sarcastic wit that had me smile while keeping my attention. I have made great progress in overcoming my own mindbody pain and would tell you to buy it asap. This book will continue to awake and help heal many people for years to come. Perhaps I should have said this earlier in this review but let this point be said now; This book will deepen your understanding and assist you in overcoming your pain and is full of usable ways that are helping cure my pain. I am now pain free most of the time and am off all meds and conventional therapy. I'm back to hour plus work outs 4 days a week in the gym and golf 2-3 days a week without fear and next to no pain. Getting stronger and feeling better every day. This book has in no small way made that possible. Happy reading and here's to your health.

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