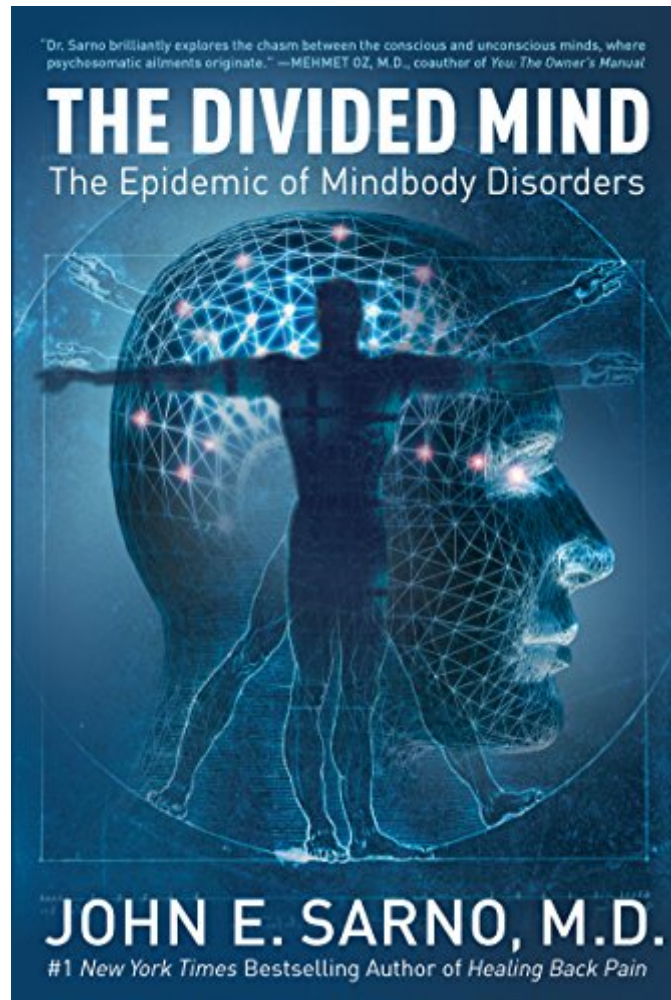




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The Divided Mind: The Epidemic Of Mindbody Disorders



Synopsis

The Divided Mind is the crowning achievement of Dr. John E. Sarno's distinguished career as a groundbreaking medical pioneer, going beyond pain to address the entire spectrum of psychosomatic (mindbody) disorders. The interaction between the generally reasonable, rational, ethical, moral conscious mind and the repressed feelings of emotional pain, hurt, sadness, and anger characteristic of the unconscious mind appears to be the basis for mindbody disorders. The Divided Mind traces the history of psychosomatic medicine, including Freud's crucial role, and describes the psychology responsible for the broad range of psychosomatic illness. The failure of medicine's practitioners to recognize and appropriately treat mindbody disorders has produced public health and economic problems of major proportions in the United States. One of the most important aspects of psychosomatic phenomena is that knowledge and awareness of the process clearly have healing powers. Thousands of people have become pain-free simply by reading Dr. Sarno's previous books. How and why this happens is a fascinating story, and is revealed in The Divided Mind.

Book Information

File Size: 1621 KB

Print Length: 402 pages

Publisher: HarperCollins e-books; 1 edition (October 13, 2009)

Publication Date: October 13, 2009

Sold by: HarperCollins Publishers

Language: English

ASIN: B000SEHJOI

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #59,189 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #9

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Customer Reviews

Very informative!! I'm reading it now with a couple other books. But I find it very enlightening!!

Captivating and thought-provoking book!

arrived as advertised

Have bought this twice..gave my first one away. It's well written. If you are familiar with this subject you'll enjoy this and if you are not,it's written in a kind way to follow along.

There's something there but this book is poorly written

Fantastic bookSo many people are suffering for no reason.If you have pain read this book.RIP Dr Sarno

good book

John Sarno understands how the mind and body interact to produce the pain and other medically unexplained symptoms that cause many people to seek surgical or medication solutions when a psychtherapeutic solution would resolve their issues. This is a readable and easily understandable book that can help lay people with no medical background or psychiatric or psychological expertise to understand and make better decisions about their health. Well worth it.

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