



## Core Books on Mind-Body Pain Recovery

### 1. *The Way Out* – Alan Gordon, LCSW

- **Focus:** Chronic pain, neuroplasticity, and reprocessing pain signals.
- **Method:** Pain Reprocessing Therapy (PRT), now evidence-backed (2021 Boulder study).
- **Highlights:** Practical daily techniques, brain science, very accessible.

### 2. *Healing Back Pain* – Dr. John Sarno

- **Focus:** Mind-body causes of musculoskeletal pain (especially back, neck).
- **Concept:** “Tension Myositis Syndrome” (TMS)—unconscious emotions creating physical symptoms.
- **Note:** Classic and controversial, but widely successful for many.

### 3. *The Mindbody Prescription* – Dr. John Sarno

- A more refined and clinical follow-up to *Healing Back Pain*, addressing a wider range of symptoms beyond the spine.

### 4. *Unlearn Your Pain* – Dr. Howard Schubiner

- **Focus:** Structured journaling and mindfulness to address the emotional roots of pain.
- **Includes:** A 28-day program, neuroscience explanations, and case studies.

### 5. *Freedom from Chronic Pain* – Nicole Sachs, LCSW

- Based on Dr. Sarno’s work, introduces **JournalSpeak**, a daily emotional expression tool for recovery.
- Powerful for those with fibromyalgia, migraines, pelvic pain, etc.