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illness and wellness
-how they are related
and what one can do to
enhance good health
and combat certain
physical conditions. In
other words, it
addresses physical
disorders that are
caused by repressed,
unconscious feelings.

John Sarno 'The Mindbody Prescription' Summary - 3 Min ...

About The Mindbody

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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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Steven Ozanich which deepened my understanding of the condition and how it was showing up in my life. I have also found The Meaning of Truth by Nicole Sachs very helpful.

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