

Back Sense A Revolutionary Approach To Halting The Cycle Of Chronic Back Pain

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Back Sense presents a new treatment approach for chronic back pain based on recent scientific advances which show that most chronic back pain is caused by stress, fear, muscle tension, and inactivity, rather than by damage to the spine. It is a step-by-step program that includes activity, exercise, and techniques to work with fear of movement and other stress in your life.

Back Sense: A Revolutionary Treatment for Chronic Low Back ...

Drawing on their work with patients and studies from major scientific journals and corporations, the authors of Back Sense—all three are former chronic back pain sufferers themselves—developed a revolutionary self-treatment approach targeting the true causes of chronic back pain. It is based on conclusive evidence proving that stress and inactivity are usually the prime offenders, and it allows patients to avoid the restrictions and expense of most other treatments.

Back Sense: A Revolutionary Approach to Halting the Cycle ...

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Back Sense: A Revolutionary Approach to Halting the Cycle ...

Back Sense is the groundbreaking book that promises to change th Back pain is a serious problem, disabling over 5 million Americans and costing society \$20 to \$50 billion annually. Until recently both doctors and patients have misunderstood its true causes and have unwittingly fostered the pain cycle.

Back Sense: A Revolutionary Approach to Halting the Cycle ...

Now, with BACK SENSE: A Revolutionary Approach to Halting the Cycle of Chronic Back Pain, pain sufferers have a safe and affordable approach to curing their aching backs. Back Sense leads readers through a self-treatment program that has helped thousands of patients already, and marks a breakthrough in the field of "integrative medicine," which combines the best of both conventional and alternative approaches.

Back Sense Intro

Back Sense: A Revolutionary Approach to Halting the Cycle of Chronic Back Pain: Siegel PsyD, Dr Ronald D, Urdang, Michael, Johnson, Dr Douglas R: Amazon.nl

Back Sense: A Revolutionary Approach to Halting the Cycle ...

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Back Sense: A Revolutionary Approach to Halting the Cycle ...

A new guide to overcoming back pain emphasizes the latest in scientific and medical research into the psychological and physiological factors underlying most back discomfort as it presents a safe, effective, and easy-to-follow self-treatment program to end the back-pain cycle. Reprint.

Understand your back pain in a whole new way and break the cycle forever. Back pain is a serious problem, disabling over 5 million Americans and costing society \$20 to \$50 billion annually. Until recently both doctors and patients have misunderstood its true causes and have unwittingly fostered the pain cycle. Back Sense is the groundbreaking book that promises to change the way we approach the problem by proving that almost all chronic back pain is caused by stress and muscle tension, rather than by damage to the spine. On occasion nearly everyone experiences short term back pain--from sore or strained muscles. But for many who come to treat their back gingerly because they fear further "injury," a cycle of worry and inactivity results, which actually increases muscle tightness and leads them to think of themselves as having a "bad back." In reality, most backs are strong and resilient--built to support our bodies for a lifetime. Contrary to popular belief, truly "bad backs" are extremely rare. While seemingly abnormal disks and other parts of the back are, in fact, often present in those who suffer chronic back pain, they are also frequently found in those who have absolutely no pain whatsoever. Back Sense uses the latest scientific research to discredit the perfectly understandable, but counterproductive assumption that back pain is caused by these "abnormalities." Drawing on their work with patients and studies from major scientific journals and corporations such as Boeing, the authors have amassed conclusive evidence proving that stress and inactivity are actually to blame. Since conventional treatments of back problems encourage excessive caution, most sufferers get trapped in a vicious cycle in which concern about pain and physical limitations leads to heightened tension, more pain, and further distress. The authors of Back Sense--all three are former chronic back pain sufferers themselves--have developed a revolutionary self-treatment approach that works. It allows patients to avoid the restrictions and expense of most other treatments. After showing readers how to rule out the possibility that a rare medical condition is the source of their problem, Back Sense clearly and convincingly explains how chronic back pain results from other factors. Building on this idea, the book systematically leads readers toward recapturing a life free of back pain.

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10 Best Treatments for Lower Back Pain Relief What is the fastest way to relieve back pain? Back pain - diagnosis and treatment Lower Left Back Pain: Causes, Treatments This book will explain to you how combining natural vitamins, balms, essential oils, and activities will help to cure your pain, particularly if you're experiencing continuous chronic back pain.

SINETT/TRUTH ABOUT BACK PAIN

The revised edition of the bestselling ChiRunning, a groundbreaking program from ultra-marathoner and nationally-known coach Danny Dreyer, that teaches you how to run faster and farther with less effort, and to prevent and heal injuries for runners of any age or fitness level. In ChiRunning, Danny and Katherine Dreyer, well-known walking and running coaches, provide powerful insight that transforms running from a high-injury sport to a body-friendly, injury-free fitness phenomenon. ChiRunning employs the deep power reserves in the core muscles, an approach found in disciplines such as yoga, Pilates, and Tai Chi. ChiRunning enables you to develop a personalized exercise program by blending running with the powerful mind-body principles of Tai Chi: 1. Get aligned. Develop great posture and reduce your potential for injury while running, and make knee pain and shin splints a thing of the past. 2. Engage your core. Shift the workload from your leg muscles to your core muscles, for efficiency and speed. 3. Add relaxation to your running. Learn to focus your mind and relax your body to increase speed and distance. 4. Make it a Mindful Practice. Maintain high performance and make running a mindful, enjoyable life-long practice. 5. It's easy to learn. Transform your running with the ten-step ChiRunning training program.

"Your customers are only satisfied because their expectations are so low and because no one else is doing better. Just having satisfied customers isn't good enough anymore. If you really want a booming business, you have to create Raving Fans." This, in a nutshell, is the advice given to a new Area Manager on his first day--in an extraordinary business book that will help everyone, in every kind of organization or business, deliver stunning customer service and achieve miraculous bottom-line results. Written in the parable style of The One Minute Manager, Raving Fans uses a brilliantly simple and charming story to teach how to define a vision, learn what a customer really wants, institute effective systems, and make Raving Fan Service a constant feature--not just another program of the month. America is in the midst of a service crisis that has left a wake of disillusioned customers from coast to coast. Raving Fans includes startling new tips and innovative techniques that can help anyone create a revolution in any workplace--and turn their customers into raving, spending fans.

Starting today, you don't have to live in pain. " This book is extraordinary, and I am thrilled to recommend it to anyone who 's interested in dramatically increasing the quality of their physical health. " —Tony Robbins That is the revolutionary message of this breakthrough system for eliminating chronic pain without drugs, surgery, or expensive physical therapy. Developed by Pete Egoscue, a nationally renowned physiologist and sports injury consultant to some of today 's top athletes, the Egoscue Method has an astounding 95 percent success rate. The key is a series of gentle exercises and carefully constructed stretches called E-cises. Inside you 'll find detailed photographs and step-by-step instructions for dozens of e-cizes specifically designed to provide quick and lasting relief of: • Lower back pain, hip problems, sciatica, and bad knees • Carpal tunnel syndrome and even some forms of arthritis • Migraines and other headaches, stiff neck, fatigue, sinus problems, vertigo, and TMJ • Shin splints, varicose veins, sprained or weak ankles, and many foot ailments • Bursitis, tendinitis, and rotator cuff problems Plus special preventive programs for maintaining health through the entire body. With this book in hand, you 're on your way to regaining the greatest gift of all: a pain-free body!

A groundbreaking book exploring the little-known yet critical connections between anxiety and grief, with practical strategies for healing that follow the renowned Kübler-Ross stages model. If you're suffering form anxiety but not sure why, or if you're struggling with loss and looking for solace, Anxiety: The Missing Stage of Grief offers help -- and answers. Significant loss and unresolved grief are primary underpinnings of anxiety, something that grief expert Claire Bidwell Smith discovered in her own life and in her practice with her therapy clients. Now, using research and real life stories, Smith breaks down the physiology of anxiety, giving you a concrete foundation of understanding in order to help you heal. Starting with the basics of What Is Anxiety? and What Is Grief? and moving to concrete approaches such as Making Amends, Taking Charge, and Retraining Your Brain, Anxiety takes a big step beyond Elisabeth Kübler-Ross's widely accepted five stages to unpack everything from our age-old fears about mortality to the bare vulnerability a loss can make us feel. With concrete tools and coping strategies for panic attacks, getting a handle on anxious thoughts, and more, Smith bridges these two emotions in a way that is deeply empathetic and eminently practical.

The rules of new product development have changed. The most fundamental nature of supply and demand has shifted and markets have undergone a reversal. Users are in control now, determining the success and failure of every company and product in the market. Companies that underestimate the implications of this shift are guaranteed to fail, wasting time and resources pursuing products the market will not accept. Demand Horizon is a new mental model for understanding and adapting to the demand-driven economy. It 's a framework for making sense of the new rules in product creation, offering both strategic understanding and practical actions for adapting to the new rules of business. Written by Gerry Campbell, an accomplished executive, entrepreneur and product creator, Demand Horizon illuminates the techniques and approaches that have enabled him to create patented products that are used by every person on earth who uses a search engine, social networking site or smartphone.

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