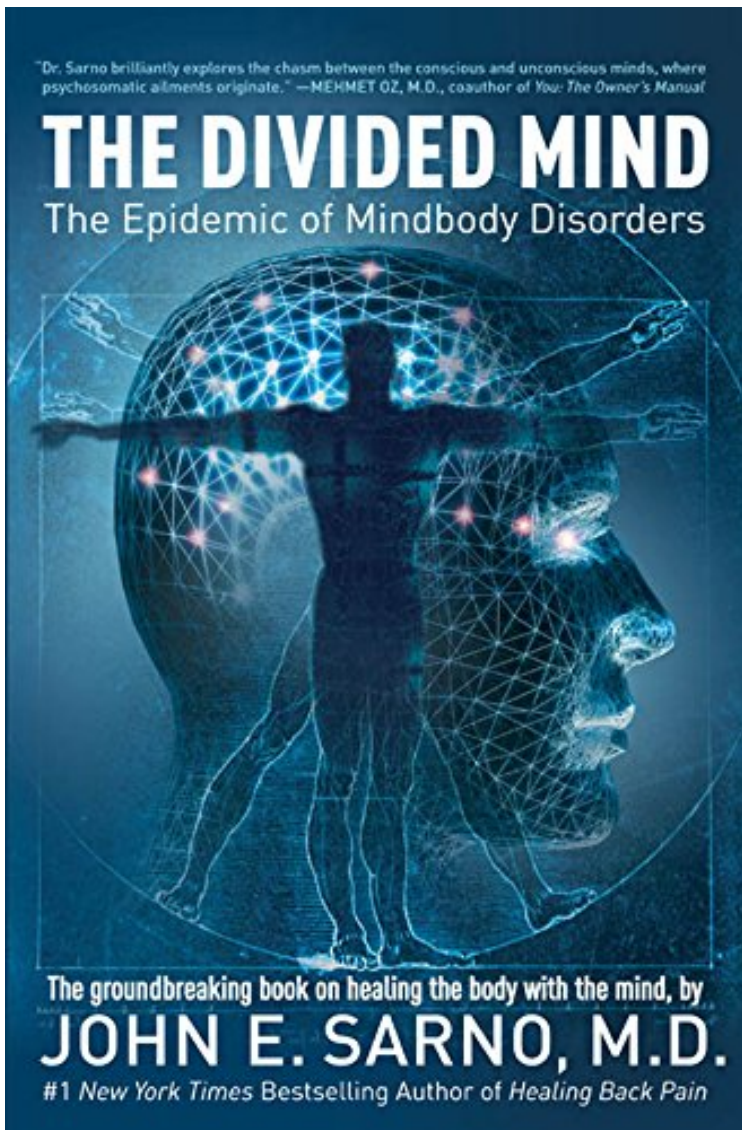


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The Divided Mind



Par John E. Sarno
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Prsentation de l'diteurThe book that will change the way we think about health and illness, *The Divided Mind* is the crowning achievement of Dr. John 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 healthy and economic problems of major proportions in the western world. One of the most important

aspects of psychosomatic phenomena is that knowledge and awareness of the process clearly have healing powers. The Divided Mind reveals how and why thousands of people have become pain-free by following Dr. Sarno's revolutionary advice. Revue de presse Dr. Sarno brilliantly explores the chasm between the conscious and unconscious minds where psychosomatic ailments originate. (Mehmet Oz, M.D., co-author of You: The Owner's Manual) I beg anyone seeking a solution to pain to study the amazing and revolutionary approach outlined here. (Howard Stern) Presentation de l'auteur The book that will change the way we think about health and illness, The Divided Mind is the crowning achievement of Dr. John 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 western world. One of the most important aspects of psychosomatic phenomena is that knowledge and awareness of the process clearly have healing powers. The Divided Mind reveals how and why thousands of people have become pain-free by following Dr. Sarno's revolutionary advice.