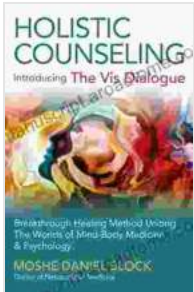


# Breakthrough Healing Method Uniting The Worlds Of Mind Body Medicine Psychology



## Holistic Counseling - Introducing "The Vis Dialogue": Breakthrough Healing Method Uniting The Worlds Of Mind-Body Medicine & Psychology by Moshe Daniel Block

★★★★☆ 4.5 out of 5

Language : English  
File size : 3882 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 417 pages



In a world where chronic illness, pain, and stress are rampant, there is a growing need for a holistic approach to healing. Breakthrough Healing Method Uniting The Worlds Of Mind Body Medicine Psychology is a groundbreaking book that offers just that. This book is the culmination of Dr. John Sarno's decades of research and clinical experience. In it, he presents a new understanding of the mind-body connection and how it can be used to heal chronic pain and illness.

### The Mind-Body Connection

For years, Western medicine has focused on treating the body as a separate entity from the mind. However, research has shown that the mind and body are deeply connected and that what happens in the mind can have a profound impact on the body's health.

Dr. Sarno believes that chronic pain and illness are often caused by suppressed emotions. These emotions can be anything from anger and resentment to fear and anxiety. When these emotions are not expressed in a healthy way, they can become trapped in the body and manifest as physical symptoms.

## **The Breakthrough Healing Method**

Dr. Sarno's Breakthrough Healing Method is a three-step process that helps patients to identify and release the suppressed emotions that are causing their pain or illness. The first step is to become aware of the mind-body connection. This means learning about how the mind can affect the body and how suppressed emotions can lead to physical symptoms.

The second step is to identify the suppressed emotions that are causing the pain or illness. This can be done through a variety of methods, such as journaling, therapy, or meditation.

The third step is to release the suppressed emotions. This can be done through a variety of methods, such as talking about the emotions with a trusted friend or family member, writing about them in a journal, or using visualization techniques.

## **The Benefits of the Breakthrough Healing Method**

The Breakthrough Healing Method has been shown to be effective in treating a wide range of chronic pain and illness, including:

- Back pain
- Neck pain

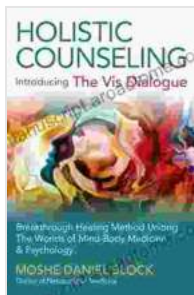
- Headaches
- Migraines
- Fibromyalgia
- Chronic fatigue syndrome
- Irritable bowel syndrome
- Depression
- Anxiety

In addition to reducing pain and illness, the Breakthrough Healing Method can also lead to a number of other benefits, such as:

- Improved sleep
- Increased energy
- Reduced stress
- Improved mood
- Greater sense of well-being

Breakthrough Healing Method Uniting The Worlds Of Mind Body Medicine Psychology is a revolutionary book that offers a new understanding of the mind-body connection and how it can be used to heal chronic pain and illness. This book is a must-read for anyone who is suffering from chronic pain or illness, or for anyone who is interested in learning more about the mind-body connection.

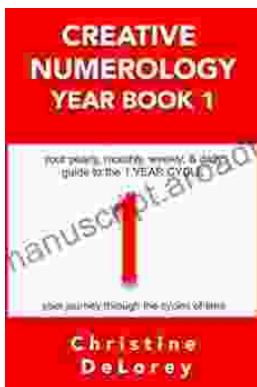
To learn more about the Breakthrough Healing Method, visit Dr. Sarno's website at [www.drjohnesarno.com](http://www.drjohnesarno.com).



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