



# Healing Back Pain Naturally: The Mind-body Programme Proven to Work

*Art Brownstein*

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Dr Art Brownstein suffered the ravages of back pain for twenty agonising years. His ordeal led him through spinal surgery, dependency on pain killers, deep depression and even thoughts of suicide. Today, he runs a busy medical practice, cycles, surfboards, teaches a yoga class and leads an active, normal life completely free of pain! In 'Healing Back Pain Naturally', Dr Brownstein tells how he permanently cured himself and thousands of other back pain patients with his revolutionary 'Back to Life Programme'. He leads you through his programme step-by-step, showing you how to triumph over pain and rediscover the joy of living. 'Presents the best strategies to overcome back problems and addresses the causes of pain, not just the symptoms. It is accurate, up-to-date, reliable, and should be read by anyone suffering from recurrent pain.' Karl Prendergast, Irish Osteopathic Association 'A truly integrative approach to the treatment and prevention of back pain.' Dean Ornish M.D. 'I hope that everyone who suffers from back pain will read his book and heed his wisdom.' Bernie Siegal M.D.

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