



Liberese del dolor de espalda (Spanish Edition)

John E. Sarno

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Le duele la espalda, el cuello o los hombros? Sufre de dolores permanentes o intermitentes en otras partes del cuerpo? Si es así, la simple lectura de este libro puede cambiar su vida para siempre. La experiencia, la pericia y la valentía del doctor Sarno se han combinado para dar al mundo lo que puede ser la primera piedra de la medicina del futuro. Una medicina escrupulosamente científica pero libre de tabúes y consciente del importante papel que la mente y las emociones juegan en muchos procesos enfermizos. Los extraordinarios descubrimientos expuestos en esta obra le sorprenderán y le abrirán una luminosa puerta hacia la esperanza, cualquiera que sea su edad, su situación económica o social y su estado de salud. Después de leer este libro, su percepción de la mayoría de las enfermedades y padecimientos nunca será ya la misma que antes. / Does your back, neck or shoulders hurt? Do you have permanent or intermittent pain in other parts of the body? If you have so, the simple reading of this book can change your life forever. The experience, expertise and courage of Dr. Sarno have been combined to give to the world what it can be the cornerstone of future medicine.

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