



# Back Sense: A Revolutionary Approach to Halting the Cycle of Chronic Back Pain

By Dr Ronald D. Siegel, Michael Urdang, Douglas R. Dr Johnson

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

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.

*From the Hardcover edition.*

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### Editorial Review

#### Amazon.com Review

About 50 million Americans suffer back pain every year, and chronic back pain disables 1 in 40 adults. *Back Sense* takes a different approach, contending that most chronic back pain is caused not by a damaged spine, but by stress, muscle tension, and inactivity. The aim is to help you reclaim your life and decrease your pain.

The spine might be damaged initially, but it usually heals on its own, the authors assert. After that, stress causes muscle tightness, which results in continued pain. Traditional treatments don't work because they treat the spine, not the stress. The solution: understand your own symptoms and pain, learn to resume full activity, and work with your negative emotions to prevent them from derailing your recuperation.

Part 1 of *Back Sense* helps you evaluate your own case and determine whether you have warning signs of a serious injury or disease (in which case you must get medical attention), understand the mind-body connection, and examine how stress may be causing your chronic pain. Part 2 teaches you how to bring full physical activity back into your life and manage your negative emotions.

The authors--two of whom relieved chronic back pain with this very program--do not want you to baby your body or limit your life to protect your back. Rather, they contend that "being careful actually appears to be harmful." They explain that "as long as you are trying to get rid of pain, you stay preoccupied with it," creating more tension, and by avoiding "risky" movements, you lose muscle conditioning, making you vulnerable to additional injury. The book takes you through a process of gradually incorporating more exercise and tracking your reactions. The style is simple and friendly, and the book has many plan charts, logs, and other helpful tools. --*Joan Price*

#### From Publishers Weekly

Both clinical psychologist Ronald D. Siegel and market research consultant Michael H. Urdang have suffered from chronic back pain. They learned to treat their pain by using a new system of integrative medicine (a combination of East and West) and by staying physically active. In *Back Sense: A Revolutionary Approach to Halting the Cycle of Chronic Back Pain*, Siegel and Urdang team up with physician Douglas R. Johnson, a specialist in physical medicine and rehabilitation, to dispel misunderstandings by both sufferers and medical practitioners about the cause and treatment of back pain, based on their extensive research and success in treating thousands of patients. Agent, Ira Silverberg, Donadio & Olson.

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#### Review

"I highly recommend this wonderful book to everyone with back pain. The first of my patients who read it got out of bed and off narcotics for the first time in months. We're both thrilled."

—Christiane Northrup, M.D., author of *Women's Bodies, Women's Wisdom* and *The Wisdom of Menopause*

"*Back Sense* is a well-researched, well-written, and approachable book. I can testify to its efficacy, both as a patient and a practitioner: this approach works."

—David K. Urion, M.D., Associate Professor of Neurology, Harvard Medical School

*From the Trade Paperback edition.*

## Users Review

### From reader reviews:

#### **Franklin Crossland:**

This Back Sense: A Revolutionary Approach to Halting the Cycle of Chronic Back Pain is great publication for you because the content which can be full of information for you who have always deal with world and have to make decision every minute. This particular book reveal it info accurately using great plan word or we can point out no rambling sentences inside. So if you are read this hurriedly you can have whole data in it. Doesn't mean it only offers you straight forward sentences but challenging core information with splendid delivering sentences. Having Back Sense: A Revolutionary Approach to Halting the Cycle of Chronic Back Pain in your hand like having the world in your arm, info in it is not ridiculous just one. We can say that no publication that offer you world with ten or fifteen small right but this e-book already do that. So , this is certainly good reading book. Heya Mr. and Mrs. busy do you still doubt this?

#### **Irene Robertson:**

The book untitled Back Sense: A Revolutionary Approach to Halting the Cycle of Chronic Back Pain contain a lot of information on that. The writer explains the girl idea with easy approach. The language is very easy to understand all the people, so do not worry, you can easy to read it. The book was compiled by famous author. The author brings you in the new period of time of literary works. It is easy to read this book because you can read on your smart phone, or device, so you can read the book in anywhere and anytime. In a situation you wish to purchase the e-book, you can wide open their official web-site in addition to order it. Have a nice examine.

#### **Joyce Francois:**

Is it you actually who having spare time after that spend it whole day simply by watching television programs or just lying on the bed? Do you need something new? This Back Sense: A Revolutionary Approach to Halting the Cycle of Chronic Back Pain can be the solution, oh how comes? A book you know. You are therefore out of date, spending your time by reading in this fresh era is common not a nerd activity. So what these publications have than the others?

#### **Morgan Johnson:**

As a college student exactly feel bored for you to reading. If their teacher asked them to go to the library as well as to make summary for some book, they are complained. Just very little students that has reading's heart or real their leisure activity. They just do what the trainer want, like asked to go to the library. They go to at this time there but nothing reading critically. Any students feel that reading through is not important, boring and can't see colorful photos on there. Yeah, it is for being complicated. Book is very important in your case. As we know that on this time, many ways to get whatever we really wish for. Likewise word says, many ways to reach Chinese's country. Therefore , this Back Sense: A Revolutionary Approach to Halting

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