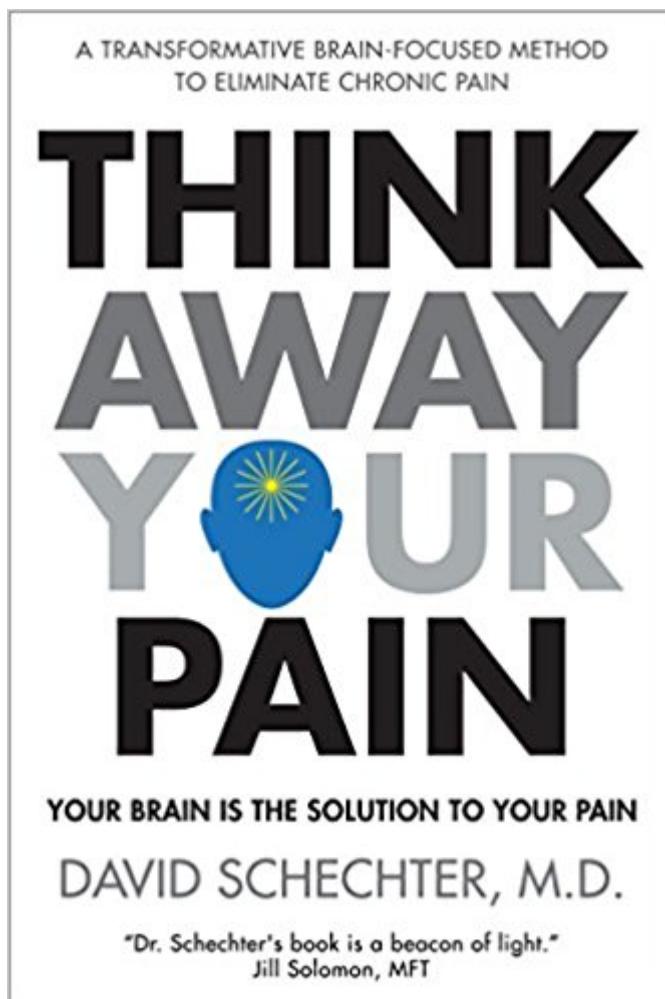


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# Think Away Your Pain



## **Synopsis**

Think Away Your Pain presents a revolutionary approach to relieve suffering and eliminate chronic pain. In this user-friendly clearly written book, you will learn how chronic pain becomes a condition of the brain as much as the body. Think Away Your Pain shows you how to use the immense power of your thoughts and beliefs to literally change the neural circuitry of your brain. Dr. Schechter combines scientific evidence with clinical experience and psychological insight to teach a systematic method to control and eliminate pain... with the mind. With 25 years in the field, Dr. Schechter has cured thousands of patients with this mind/brain based program. This book teaches the TMS healing method where changing thought, expressing feelings, and understanding can and do change the neural circuitry of the brain and eliminate the pain. Dr. Schechter discusses research supporting the approach including research by the author. Some will find this a more contemporary version of John Sarno's books on this subject. Others will find this a fascinating interface between medicine, psychology, and neuroscience. For the chronic pain sufferer limited in function, distressed by suffering and hopeless about the future, this book offers realistic hope.

## **Book Information**

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## **Customer Reviews**

I highly recommend Dr. Schechter's book. It is readable, accessible, and insightful, and based on his long history in the diagnosis and treatment of Tension Myoneural Syndrome (TMS).-- John E. Sarno, MD, Professor of Rehabilitation Medicine, NYU School of Medicine --Back Cover of BookChronic low back pain is more likely a brain than a back disorder. Dr. Schechter's focus on the brain and the cognitive retraining he offers patients has proven value in treatment. ...this book

focuses on the symbiosis between mental health and chronic pain.-- Thomas Jones, MD, Neurosurgeon and Medical Director, Santa Barbara Neuroscience Institute --Back Cover of BookIn Think Away Your Pain, Dr. David Schechter truly demystifies the concept of mind-body pain, and provides clear and concrete steps that pain sufferers can take to finally heal their pain. This book is an ideal resource for pain sufferers and healing professionals alike.-- Jessica Oifer, MA, Licensed Marriage and Family Therapist --Correspondence with therapist

David Schechter, MD is a physician who uniquely combines excellent medical training, psychological insight and sensitivity, and a practical, personable communication style. Dr. Schechter was greatly influenced early in his career by John Sarno MD at the NYU Rusk Rehabilitation Institute. He became Board Certified in Family Medicine, Sports Medicine, taught residents and students at USC School of Medicine and was Principal Investigator of a Research Foundation. Mostly he's a private practice physician who has decades of experience treating appropriately chosen patients for chronic pain with a unique method. He teaches these patients how to heal themselves with education, psychological awareness and insight leading to a cognitive shift and brain transformation. Dr. Schechter has been named a Top Doctor by US News and World Report Magazine and Men's Health Magazine. He is on the medical staff of Cedars Sinai Hospital. He maintains an office in Beverly Hills and Culver City, California and sees patients from cities and states often far from his own. Dr. Schechter's previous works, the MindBody Workbook and the MindBody AudioProgram and Patient Panel have sold many thousands of copies. His new book, Think Away Your Brain, brings together the latest research in the field and Dr. Schechter's up-to-date approaches to pain

This book will cure your back pain forever

This book was a very big disappointment. Even though it was written by a physician who specializes in pain, with emphasis on back pain (which I have had for years), the way it was written was by throwing countless repetition of a simple message with different words and stories. It was a lot of hot air and very little substance. Regret the purchase totally.

good book

Helpful theory, but light on practical applications.

Great book

I own the whole Sarno/Shubiner/Amir/Holscomb/etc. suite. This book would be a great starting point into TMS but if you already understand the basics and have read Mind-Body Prescription, Back in Control, Unlearn Your Pain and others like it, you don't need this one. It's not poorly written but it is very straightforward writing, and not very engaging. My favorite book on the subject remains Howard Schubiner's Unlearn Your Pain— it is more engagingly written, has more evidence, and more action steps. For a personal narrative, Steve Ozwald's crazy Great Pain Deception details his recovery (sometimes too detailed, but still quite the storyteller.) I didn't feel this book added any new info or perspective to my understanding of mind-body disorders, but again...it could be a great starting point for a newbie.

This book can have a great impact on your pain if you only will read it and be open to it. It is time for you to get beyond the supposed structural problems that are causing your back pain or other pains in your body, and be open to the idea that your psychological makeup may be the cause of your pain. About 40 years ago Dr. Sarno in New York discovered that a great number of body pains are caused by TMS- tension myositis syndrome. In essence, your worrying, tension inducing personality is often the cause of your pain, not structural damage in your body. Dr. Schechter, the author of this book, goes beyond Sarno's work in a very readable analysis of TMS, and then he describes the ways you can heal many of your body pains. This book was a major help to me in curing my pelvic and back pain. It is key that you understand that your MRI may show degeneration or narrowing of the bones surrounding your spinal cord, but in many cases that is not the cause of your pain. TMS is. For many people, it is very helpful to visit a TMS doctor such as Dr. Schechter so that he can examine you and review our MRI and X rays and get you confident that your pain is not caused by a structural issue. See Dr. Schechter's web site at (\*\*\*) . His office is in Los Angeles. — our pain at its essence is a distraction strategy your subconscious is taking to keep you from dealing with repressed tension and emotional issues within you. Your conscious mind is the curative agent. This is the knowledge cure- the more you have knowledge about TMS ( provided by this book) the more you will heal your pain.

I've read several books related to TMS and this one is really wonderful. It presents the information in a new way with a significant emphasis on inserting supporting research. Additionally, it gave me

some new ways to think about how to handle the occasional flare up of pain that sometimes happens. There is less of a focus on the workings of the unconscious mind, a la Freud, and more focus on emotions, personality factors, childhood experiences, etc with regards to why pain gets solidified and entrenched. Dr Schechter uses the word "chronification" to describe this phenomenon. The research presented really helps drive these points home. We are also given details of how TMS is diagnosed in his office and what he recommends to his patients for treatment. These sections are apparently there for those in the medical field who want to know more about diagnosing/treating as well as for pain sufferers own understanding. I really liked how this book is put together in a way that you don't have to read from front to back to make sense of it. You can jump around as you feel and still have it make sense. I'd recommend this as a first read for any person who wanted to know more about mindbody treatment of chronic pain whether you're a sufferer or working in the medical field.

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