



Healing Back Pain Naturally: The Mind-Body Program Proven to Work

Art Brownstein

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After suffering from back pain for twenty years, Dr. Art Brownstein shares the cure that worked for him and thousands of others.

Back pain is a global epidemic and the number one cause of disability in the US for people under forty-five. Seven out of ten people in the US will suffer serious back pain at some stage in their lives.

Sharing his own story of surgery, painkiller dependency, and severe depression, Dr. Brownstein guides you through the recovery program that gave him his life back. Today, he runs a medical practice, bikes, surfboards, teaches yoga, and leads an active life—free of pain!

Dr. Brownstein covers topics such as The Straw that Broke the Camel's Back, Your Mind, Your Body and Back Pain, Moving Past Your Pain, The Back to Life Stretching Program, Strengthening Your Back, Stress Management for Your Back, Eating for a Healthy Back, Back to Work: Slow and Steady Wins the Race, Back to Play: An Essential Ingredient for Healing, Back to Life: Emotional and Spiritual lessons for Healing, and special sections on emergency back care, recommended reading and resources.



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