



Back Story: Breaking the Cycle of Chronic Pain

By Sherri a Obermark

Zone Four Media, United States, 2015. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****.For twenty years, Sherri Obermark suffered from chronic back pain. She consulted doctors, endured X-rays and MRIs, went to physical therapy, and saw chiropractors over and over again. She visited acupuncturists and sports medicine practitioners. She took up yoga, bought ergonomic chairs and mattresses, but the result was always the same-continued pain and suffering. Obermark isn't alone. Millions of people live with chronic back, shoulder, and muscle pain despite the best efforts of the medical community. Yet today, Obermark's pain is gone. Not just under control-completely cured. Obermark achieved this near-miraculous feat through mind-body synergy, the powerful interaction between physical health and the brain. After learning of the connection between emotional stress and physical ailments, Obermark developed a simple, noninvasive method for curing chronic musculoskeletal pain-no doctors or physical therapists required. Back Story reveals her simple solution to the back pain she'd endured for so many years, shared in the hope that others will be freed from their chronic pain. Of course, each case is different; but don't you owe it to...



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