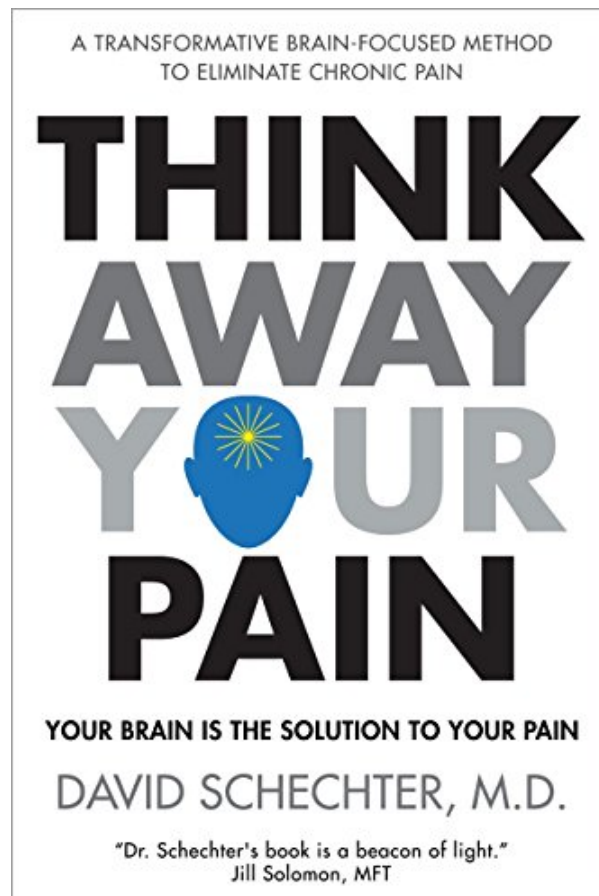


THINK AWAY YOUR PAIN BY DAVID SCHECHTER M.D.



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A TRANSFORMATIVE BRAIN-FOCUSED METHOD
TO ELIMINATE CHRONIC PAIN

THINK AWAY YOUR PAIN



YOUR BRAIN IS THE SOLUTION TO YOUR PAIN

DAVID SCHECHTER, M.D.

"Dr. Schechter's book is a beacon of light."
Jill Solomon, MFT

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Review

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 Book

Chronic 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 Book

In 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

About the Author

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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.

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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

Most helpful customer reviews

14 of 14 people found the following review helpful.

I'll be re-reading this one several times!

By Imago Dei

I've read several books related to TMS and this one is really wonderful. It presents the information in a new way with an 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 ready 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.

12 of 12 people found the following review helpful.

An essential guide to recovery from chronic pain

By Arnold Bloch

Dr. Schechter is one of the foremost experts on the subject of the relationship between unhealthy thinking, repressed emotions and physical pain. His care and expertise is abundantly evident in this book, choc full of wisdom and clinical experience, all told in a personal and reader friendly style. I found myself comforted, guided and informed in the reading of this book, which, helps the chronic pain sufferer feel hopeful that, despite years of unhelpful and frustrating medical treatment and misdiagnosis, a solution may exist by being open to a mind-body perspective on pain. Anyone suffering from chronic pain should take the opportunity to read this book as soon as they can.

7 of 7 people found the following review helpful.

Read this book! There IS light at the end of the tunnel!

By Sparatik

I've been a patient of Dr. Schechter's for about five years, and all the while struggled with back and neck pain that would come and go. Around the time we had ruled out anything structural as the cause, this book came out. I read it slowly, letting all the information sink in, and it has changed my life! He repeats major concepts and reminds you that your pain is REAL, not imagined, like so many try to tell you. He helps you connect to your body and mind on a deeper level to unlock other possibilities of where the pain might be coming from. He helps neutralize ANXIETY by telling you that if you have ruled out structural damage or other conditions (MRI, Xrays, blood test, etc), it is simply your mind caught in a vicious cycle. He breaks down this pain cycle in non-medical jargon so it's easy to digest and helps you out of the cycle throughout the course of the book. He also gives you the understanding that you need to handle future pain attacks, if they even occur, and if they do next steps to dig deeper to find the root cause.

See all 30 customer reviews...

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