

# My Quest to Awaken the Healing Parts of My Brain and Get Back My Body, My Joy, and My Life

In 2008, I was diagnosed with chronic fatigue syndrome (CFS) and fibromyalgia. These conditions left me with debilitating pain, fatigue, and cognitive problems. I couldn't work, I couldn't exercise, and I could barely get out of bed some days.



## The Last Best Cure: My Quest to Awaken the Healing Parts of My Brain and Get Back My Body, My Joy, and My Life by Donna Jackson Nakazawa

★★★★☆ 4.6 out of 5

Language : English  
File size : 847 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 322 pages



I was desperate for a cure, but the doctors told me there was nothing they could do. I tried everything I could think of, but nothing seemed to help.

Finally, in 2012, I stumbled upon a book called "The Mindbody Prescription" by Dr. John Sarno. This book changed my life.

Dr. Sarno's book explained that CFS and fibromyalgia are caused by a subconscious mind-body conflict. When we experience a traumatic event or situation, our subconscious mind can create a physical symptom to protect us from feeling the emotional pain.

I realized that I had been experiencing a lot of stress and anxiety in my life. I had been working long hours, taking care of my sick mother, and dealing with a difficult relationship.

I started to work on resolving the underlying emotional issues that were causing my symptoms. I began seeing a therapist, I started practicing meditation, and I started reading self-help books.

Slowly but surely, my symptoms began to improve. The pain and fatigue started to lessen, and I started to regain my energy and my cognitive abilities.

Today, I am free from CFS and fibromyalgia. I am able to work full-time, I exercise regularly, and I am enjoying my life to the fullest.

If you are struggling with chronic pain or fatigue, I urge you to read "The Mindbody Prescription" by Dr. John Sarno. This book could change your life.

**Here are some of the things I learned from Dr. Sarno's book:**

- CFS and fibromyalgia are caused by a subconscious mind-body conflict.
- The symptoms of CFS and fibromyalgia are real, but they are not caused by a physical illness.

- The key to healing CFS and fibromyalgia is to resolve the underlying emotional issues that are causing the symptoms.

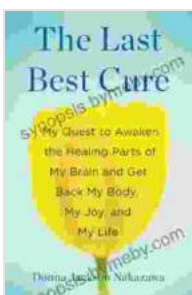
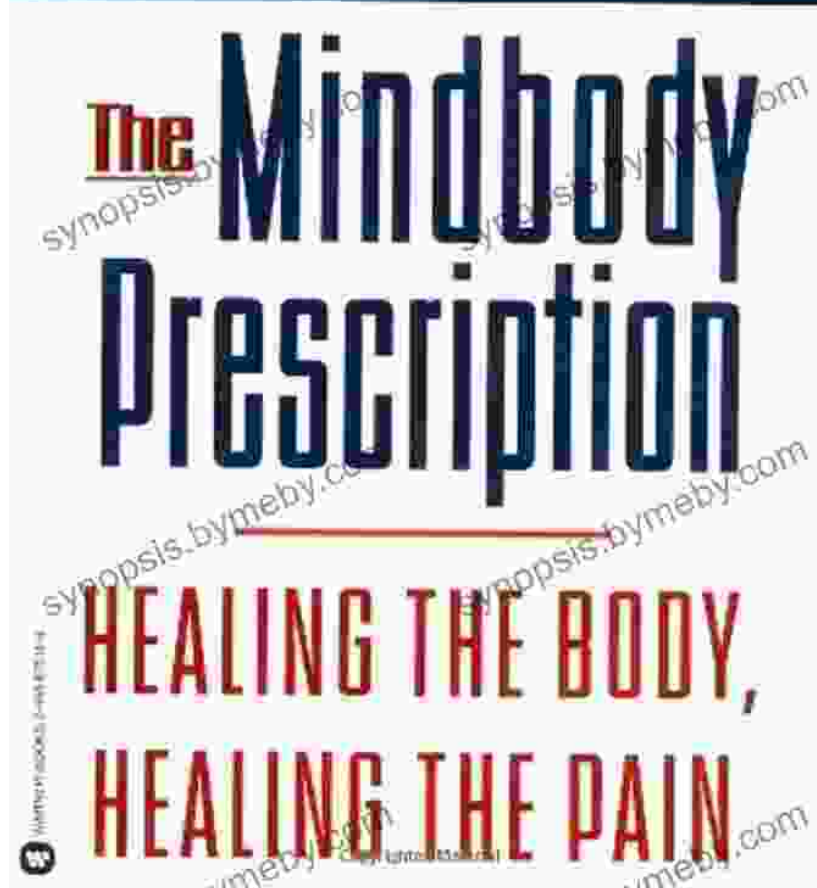
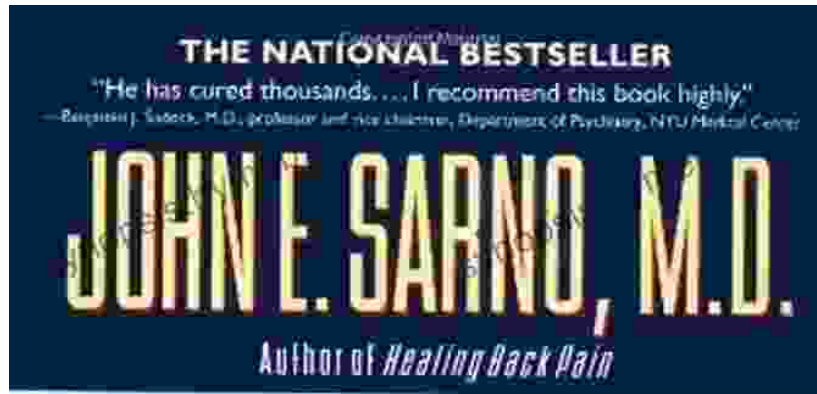
**If you are struggling with CFS or fibromyalgia, I encourage you to:**

- See a therapist to help you resolve the underlying emotional issues that are causing your symptoms.
- Practice meditation to help you relax and reduce stress.
- Read self-help books to learn more about CFS and fibromyalgia and how to heal yourself.

I know that healing from CFS and fibromyalgia is possible. I have done it, and so can you.

Don't give up on yourself. There is hope. You can get your body, your joy, and your life back.

Free Download your copy of "The Mindbody Prescription" by Dr. John Sarno today and start your journey to healing.



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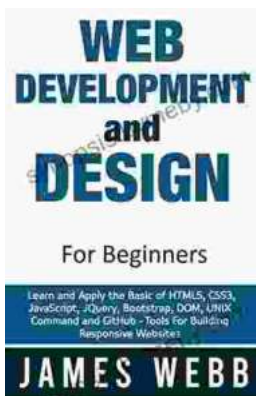
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