



Back Story: Breaking the Cycle of Chronic Pain

Sherri A. Obermark

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Back Story is a common sense guide to ending muscle tension, while managing destructive negative emotions, which will allow readers to break their chronic pain loop, and let their healing begin. ?

- Helps heal back pain, neck pain, shoulder pain, and sciatica
- Techniques are safe, simple and effective ?
- Detailed exercises to reduce negative emotions?
- Communicates methods to reduce physical tension

- Clearly describes connection between back pain and the mind

For two decades, the author 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 yourself to try? Because everyone deserves a chance at a pain-free life.

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