

November 13, 1991

Dear Dr. Sarno,

I'm writing to thank you for what you have done for me. Specifically, your book "Healing Back Pain" saved me from a life of disability.

I'm forty-three years old and, until my back problem, I had never had any serious injury or illness. In March of 1989 I gradually developed back trouble. It started out as a slightly stiff lower back, and by the end a week I was in severe, debilitating pain with continuous spasms.

For two years I suffered from nearly constant back pain. It ranged from mild to severe, but it never left completely. Without going in to all the dreadful details, it was miserable. I couldn't sit for more than a half hour, I couldn't bend, I couldn't lift, I couldn't ride a bike for more than two minutes. I had given up almost all the activities I enjoy. I worked standing up, rested frequently by lying on a desk, and spent my free time lying on my family-room floor.

I went through the gamut of the medical (and pseudo-medical) profession, to no avail. I saw five different physicians, including the top back specialists in the area. I went through three different therapy programs, with five different therapists. I tried yoga, acupuncture, and chiropractics. Nothing helped; whenever I made a small improvement, soon afterward I had a setback. The last orthopedic surgeon I went to diagnose unstable vertebrae and recommended spinal fusion surgery.

However, after reading (and re-reading) your book and applying its approach, my back went from disabled to normal in about two months. I am now doing everything I used to do – sitting, bike-riding, driving for hours, playing sports, bending and lifting like a normal person – things that I thought I had given up for good. I have been completely healthy for over six months now.

I was skeptical, to say the least, when I was first given your book. I almost didn't finish reading it, because your theory didn't seem credible. However the personality type did sound a lot like me, so I finished the book but remained a skeptic.

My wife, who was the one who found the book and bought it for me, read it a week later and urged me to read it again. (Actually she said something like, "If you don't see yourself on every page of that book then you're either crazy or blind. Read it again.") Out of desperation, plus a grudging acknowledgment that the basic concept might fit me, I did so.

I started improving gradually but steadily. At that point I called to make an appointment with you in hopes of completing the cure through your lecture/group treatment. However, in the month before my appointment, I re-read the book four more times, continued to apply your approach, and continued to improve. When the time neared for my appointment, I didn't need it. By the end of six weeks I was basically healthy, and I improved to 100% in a few more weeks. During that time I stopped the physical therapy, chiropractor, pills, stretching, and back exercises. I haven't done (or avoided) any special back activities in the time since then – about eight months – and I feel fine.

If I had not been through it myself, I wouldn't believe it. My problem seemed a clear case of structural defects in my back. I had been diagnosed as having a variety of bone and disk problems, and I was on the verge of disk removal and bone fusion surgery. (I can't tell you how grateful I am that you saved me from that!)

I wish there was some way for the medical community to give more credence to your theories, but I agree with you that it doesn't seem likely. I have sent letters to some of the people who treated me, and a copy of the book to one of them who expressed interest. You can be sure that I'll keep spreading the word.

Again, I thank you for writing the book. I can't tell you how grateful I am for what it did for me.

Sincerely,

James Campobello