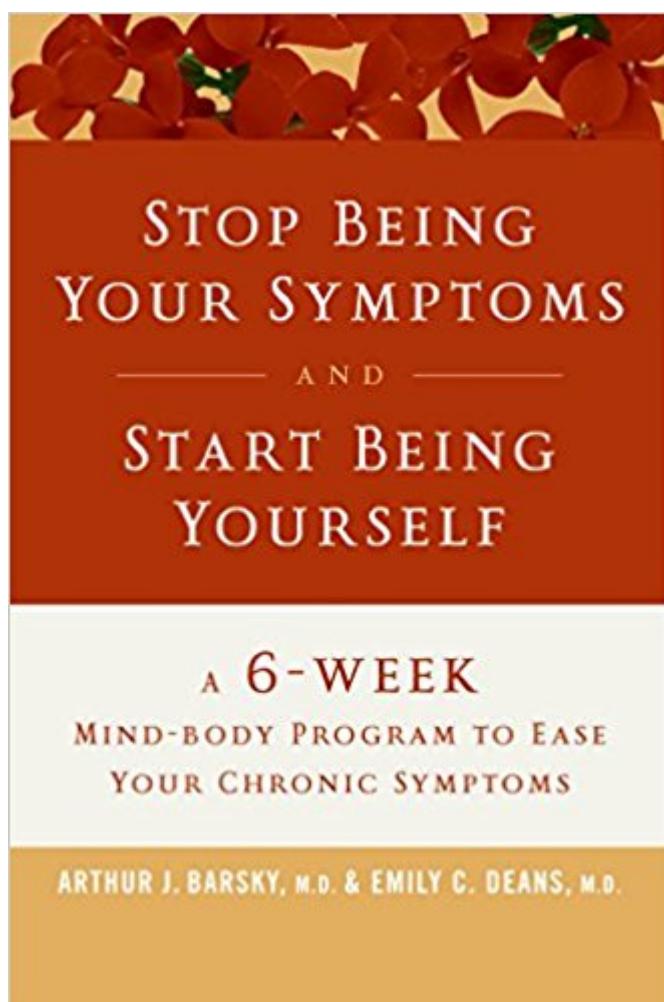


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# Stop Being Your Symptoms And Start Being Yourself: The 6-Week Mind-Body Program To Ease Your Chronic Symptoms



## **Synopsis**

Do you suffer from ongoing pain or other chronic medical symptoms such as fatigue, lower back pain, arthritis, acid indigestion, insomnia, or migraines? Do they interfere with your family time or your work? Have you been forced to give up activities that you enjoy? Do you feel as though your symptoms are taking over your life? Thirty percent of the population suffer from chronic debilitating illnesses and pain that respond only partially to conventional medicine. But this doesn't mean that there is no relief in sight. Dr. Arthur Barsky, psychiatrist and pioneer in the field of mind-body medicine, has found that changing the way you think about your illness can have a remarkable effect on how you experience your symptoms. Two people with the same symptoms can live dramatically different lives because they think about and react to their symptoms differently. At Harvard Medical School, Dr. Barsky developed "Stop Being Your Symptoms and Start Being Yourself," a breakthrough six-week program designed to overcome the symptoms of chronic illnesses of every kind. Based on more than twenty years of firsthand clinical experience, his scientifically tested treatment plan is unique, powerful, and simple to learn. This groundbreaking program teaches patients to master the five psychological factors that make chronic symptoms persist through hundreds of exercises, worksheets, and patient examples. You may not be able to completely eliminate your medical symptoms. But it is possible to control your symptoms rather than letting them control you— "to manage your pain, fatigue, insomnia, and anxiety. You can minimize your symptoms, learn new coping skills, and do more to make sure that your symptoms are not robbing your life of meaning and pleasure. Stop being your symptoms— "and start living the life you deserve.

## **Book Information**

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## Customer Reviews

Arthur J. Barsky, M.D., is a professor of psychiatry at Harvard Medical School and director of psychiatric research at Brigham and Women's Hospital. He is the author of *Worried Sick* and is a widely recognized authority in his field. He lives in Boston, Massachusetts. Emily C. Deans, M.D., is a clinical instructor in psychiatry at Harvard Medical School and a practicing psychiatrist in the Boston community. Dr. Deans is highly experienced with chronic symptoms sufferers. She lives in Norfolk, Massachusetts.

If you've never read a thing about coping with chronic illness, this book introduces all of the pertinent concepts. It goes over the common ways people think about illness and make it worse, without even knowing that they do.

This book is for anyone struggling with medical issues that have changed their life or have issues that there doesn't seem to be any medical answers for. It is laid out so you get an understanding and then an action. Will it make all your symptoms go away? Probably not.....but it will help to lessen them and help you deal with them in a better way. You can't just read the book and be done. You will have to refer back to sections in the book from time to time!

This is one of those books that need more attention. Especially to all whom suffer from anxiety and more.

Psych told me to read it. Not very helpful at all. Waste of money and time.

Really old repackaged info from the new wave movement

Haven't really read it yet but like it so far.

Most of the exercises in the book that are of utility are based on MBSR (Mindfulness Based Stress Reduction), and are helpful in assisting patients by teaching them how to find acceptance/peace within the context of pain ... without negating the validity of their pain. However, there is an overall

message in this book that much of our suffering is due to over-reacting or investing time and energy searching for curative means to alleviate pain. The primary author is Arthur J. Barsky, m.d. who served on the task force of the DSM V which created the complex somatiform diagnosis that further attempts to relegate those with CFS, Lyme, fibromyalgia, etc. into a psych catagory in place of physical medicine. Buyer beware. please see link below for background in Barsky's research and his tx model of Cognitive Behavior Therapy for CFS[...]

I read this book two and a half years ago, suffering from chronic Lyme or some other chronic illness. I had got to the point of thinking my life might be irrevocably changed. Friends made me work through the six week program in this book and it really changed my life. I don't say that lightly. The book presents a six week program for reducing your obsession with your negative feelings, including tricks like "worry time," meditation, and my favorite: limit health research on the Internet to a specific, limited time per week. Each week builds on the week before, and provides over a dozen activities and approaches to try. There is no need to try each, but only a handful. This feature means that you can complete the full program no matter your current state, and that if you do the program again you will get new insights and improvements out of it. I have been actively recommending this book to several people over the years, and I really think their lives would be better for reading it.

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