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# Unlearn Your Pain

*By Howard Schubiner MD, Michael Betzold*

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Reversing chronic pain is possible by understanding its underlying cause. This book explains that most pain is due to learned nerve pathways. It helps you determine if you have Mind Body Syndrome and how to cure your pain with a revolutionary step-by-step process.

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## **Unlearn Your Pain By Howard Schubiner MD, Michael Betzold Bibliography**

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