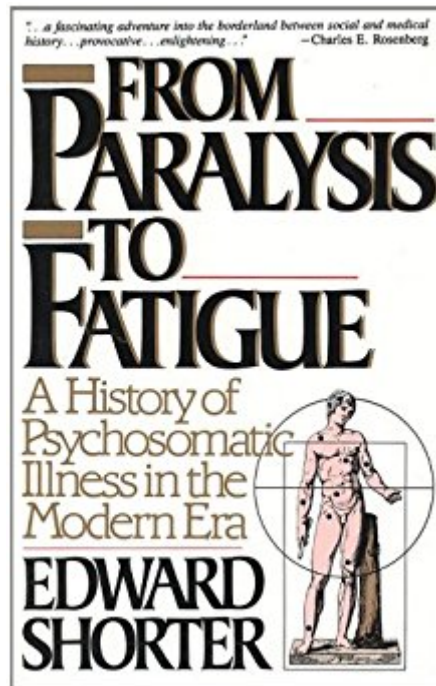


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# From Paralysis To Fatigue: A History Of Psychosomatic Illness In The Modern Era



## Synopsis

The first book to put the physical symptoms of stress in their historical and cultural context. This fascinating history of psychosomatic disorders shows how patients throughout the centuries have produced symptoms in tandem with the cultural shifts of the larger society. Newly popularized diseases such as "chronic fatigue syndrome" and "total allergy syndrome" are only the most recent examples of patients complaining of ailments that express the truths about the culture in which they live.

## Book Information

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## Customer Reviews

Too bad this isn't required reading for all doctors!! Hardly anybody believes this stuff - but it goes on all around us resulting in millions of people hooked on pain pills or getting needless operations.

I haven't actually read this book. I was about to buy it, but I'm confused by the reviews. If this guy is really lacking in compassion, I can't imagine it would be good for me. I learned about this book from a John Sarno disciple, Howard Schubiner, whose book is called *Unlearn Your Pain*. He cites an enormous amount of research that indicates that physiological correlates (like the lesions mentioned

by some reviewers) have not been proven to cause pain and/or fatigue (I have IC, which researchers used to believe was caused by Hunner's Ulcers--they were wrong). Schubiner indicates that people suffering from these syndromes who come to believe they have Mind Body Syndrome, and uncover the rage behind their symptoms, can improve "miraculously." But that doesn't mean they were malingering! The pain and symptoms are very real. I am very interested in this history, so I wish I could feel confident that reading this book wouldn't just increase my stress. I was diagnosed with a conversion reaction when I was 10, but in such a way that it became a medical hex. The work on Mind Body Syndrome is undoing that hex--I no longer believe I'm in pain because I'm "hysterical." I now understand how the brain creates symptoms, and how we might be able--via increasing consciousness--to short circuit that process. The MBS method does not deny that the process was set off by trauma and it involves learning self-compassion. I guess I'll pass on this book for now.

Garbage. Reductionist and reactionary book only interested in bringing back the good old days of psychiatry when you could blame a woman's uterus for every difficulty she had.

Do not read if you need information on Myalgic Encephalomyelitis or Chronic Fatigue Syndrome because this book is not updated to include the latest medical research on the organic and biological abnormalities found in ME/CFS patients. Dr. Shorter is propagating the erroneous and harmful model that this disease is of psychosomatic origins and thus he ignores the serious medical needs of this group which can result in permanent damage and disability. Scientists must be able to incorporate new data as it arises and not hold on dogmatically to their old theories. There was a time when Multiple Sclerosis was considered psychosomatic until it was realized it was caused by nerve sheath damage. Likewise, stomach ulcers were attributed solely to stress until a bacteria, *h. pylori*, was found to often be the cause. In light of the overwhelming biological research coming out of many facilities (e.g., Stanford, NIH, NOVA Southeastern, etc.), it's time to put an end to the myth that ME/CFS is a figment of the patient's imagination and begin treating it as the complex medical illness it is.

The author has no idea about ME, and is often publicly dismissive, implying sufferers to be lazy and imagining things! His writings are pompous, dismissive and ill informed. Clearly he has spent no time listening to ME sufferers to gain insight.

This man is a vile human being. No compassion whatsoever. I wouldn't touch a book he wrote with

a ten foot pole. Keep in mind this is a work of fiction much like his internet pieces.

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