



Complete Back Workbook: A Practical Approach to Healing Common Back Ailments

Stella Weller

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Back and neck pain has reached epidemic proportions—but this essential workbook can help sufferers find relief. Stella Weller examines the root causes of this ailment and offers advice on posture and bad habits that aggravate the problem, suggests yoga- and Pilates-based exercises that promote healing, and examines options ranging from the holistic (acupuncture, acupressure, massage) to the invasive (injections and surgery).

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