



Backache: What Exercises Work: Breakthrough Relief for the Rest of Your Life, Even After Drugs & Surgery Have Failed

Dava Sobel, Arthur C. Klein

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What is the most powerful backache treatment ever developed to help prevent recurring back pain and restore you to a healthy, pain-free life?

The answer is exercise.

Exercise has:

Helped more backache sufferers than drugs, surgery, or any other treatment--without dangerous side effects

Been widely prescribed by medical doctors and other health practitioners.

Been rated the best source of relief by backache sufferers themselves

Been uniformly supported by current medical research

Each exercise is explained in words and diagrams so that even a beginner can put together an individualized exercise program that works. Included are:

Exercises to relieve acute and chronic plain, plus preventative measures

Self evaluation checklists

Instructions for increasing activity levels

Tips on performing everyday activities without pain

Let Dava Sobel and Arthur C. Klein's *Backache: What Exercises Work* work wonders in ending your back pain. Only this book has the techniques you need.

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