



End Back Pain Now!: A Practical Guide To Relieving And Managing Back Pain Through Exercise

Nick Michell

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In whatever form it appears, back pain is uncomfortable, affects your mood and ability to move well and is, in some cases, debilitating. This book has been designed as a self-help resource to allow you to effectively manage and treat your back pain. Illustrated with straightforward and easy-to-understand images, our guide makes it easy for you to End Back Pain Now! ?

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