



Good News for Bad Backs

Robert L. Swezey, Annette Swezey

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Good News For bad Backs gives you today's most effective techniques for back pain relief with clear illustrations, sound advice from the pioneers in non-surgical back pain treatment, and the right exercises for every level of back pain from Severe to Minimal. Treat your chronic back pain with "Back Friendly" non-surgical approaches. This book guides you through recovery with a Step-by-Step guide to gentle, easing exercises. Readers can easily identify their level of back pain by answering simple questions and then receive specially designed treatments depending on their level of back pain. Stay Pain free by learning life skills for your home and work that speed you back to active life again.

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