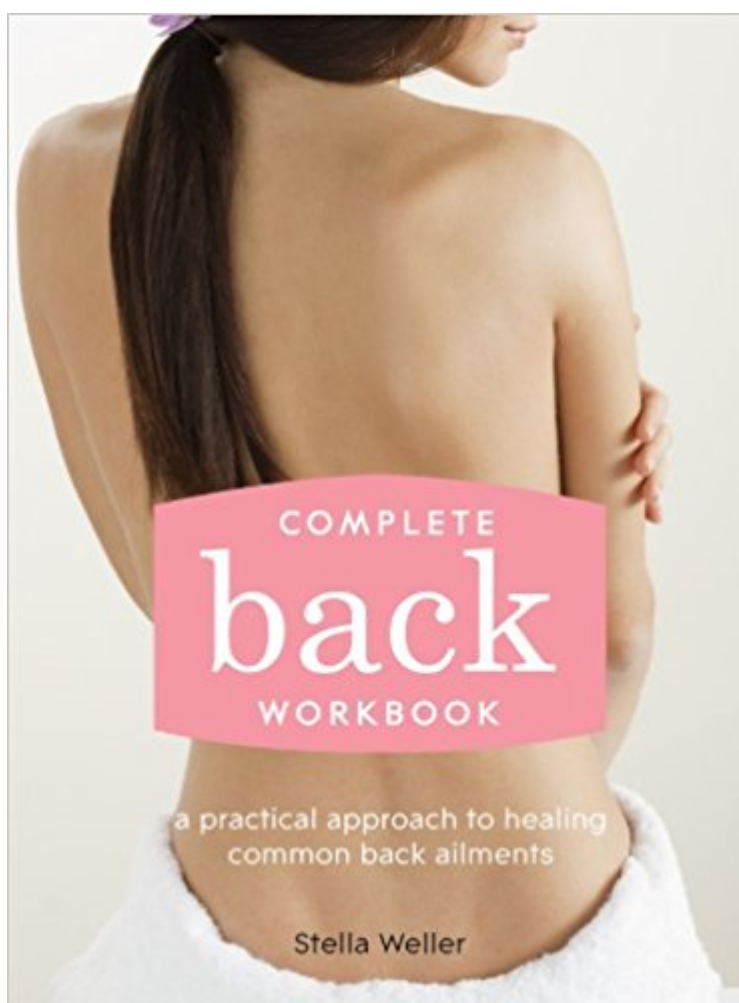


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Complete Back Workbook: A Practical Approach To Healing Common Back Ailments



Synopsis

Back and neck pain has reached epidemic proportionsâ€”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).

Book Information

Paperback: 144 pages

Publisher: Collins & Brown; Rep Wkb edition (February 4, 2014)

Language: English

ISBN-10: 190939758X

ISBN-13: 978-1909397583

Product Dimensions: 10.3 x 7.7 x 0.4 inches

Shipping Weight: 1.1 pounds

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Customer Reviews

Stella Weller trained as a State Registered Nurse in London and has cared for clients with a wide range of stress-related ailments. She studied Hatha Yoga and is now an instructor. Stella's many books include *The Better Back Book* (Hamlyn) and *Healing Yoga* (Collins & Brown).

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