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End Back &Neck Pain

Vincent Fortanasce, David Gutkind, Robert Watkins

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If you suffer from back and neck pain, you want answers. You want relief. Now there is one book that brings you both: *End Back & Neck Pain*.

In *End Back & Neck Pain*, the leading names in back health join together to provide the latest research, professional insights, and proven programs to prevent and relieve pain and discomfort. You'll get straight answers to questions such as these:

- Why does my back or neck hurt?
- What can I do now to alleviate my discomfort?
- How do I prevent my pain from returning?
- Could I have a serious or debilitating condition?
- Is my doctor properly diagnosing my condition?
- Is surgery really my best option?

Through a series of questions, you'll identify the source of your discomfort and determine the best plan of action for relief. You'll learn how simple lifestyle changes, postural improvements, and stretching exercises can keep that pain from returning. Most important, *End Back & Neck Pain* takes the fear and uncertainty out of your discomfort and puts you in control of your recovery.

Whether this is your first bout with serious pain or a recurring problem, *End Back & Neck Pain* has insights, answers, and programs that will put you on the path to a pain-free life.

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Vivian Stafford:

Playing with family in the park, coming to see the water world or hanging out with pals is thing that usually you could have done when you have spare time, after that why you don't try matter that really opposite from that. One particular activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition associated with. Even you love End Back &Neck Pain, you may enjoy both. It is good combination right, you still would like to miss it? What kind of hangout type is it? Oh seriously its mind hangout folks. What? Still don't get it, oh come on its identified as reading friends.

Lillie Stein:

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Michael Espy:

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