



The Complete Idiot's Guide to Back Pain

Jason Highsmith, Jovanka Milivojevic

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Leave back pain behind.

For the millions of back pain sufferers, the causes can be numerous, making the search for relief frustrating and complex. *The Complete Idiot's Guide® to Back Pain* and its expert authors explain the many causes of back pain and provide the best methods and techniques for relief and prevention of back pain and maintaining a healthy back.

? Do-it-yourself relief

? Conventional and alternative options

? Chronic pain management

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