



## Complete Back Workbook: A practical approach to healing common back ailments

*Stella Weller*

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Back and neck pain has now reached epidemic proportions, with millions suffering from some degree of spine-related ailment. Complete Back Workbook is an essential guide that will help you take active care of your back. The book explores the causes contributing to back and neck pain, and the best ways of coping with it. There's advice on good posture and the impact of bad habits in daily life, plus easy exercises and strategies for promoting back healing. It also tackles a number of common ailments and gives a range of healing options including acupuncture, acupressure and massage and invasive therapies such as injections and surgery. Packed with stretching and strengthening exercises for the neck, back, abdomen and legs that are inspired and informed by yoga and pilates, this book is an invaluable resource for anyone suffering from back-related problems.

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