



"Daily Telegraph" Backache: Complete Guide to Relief

By Dava Sobel, Arthur C. Klein



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Combining "Backache Relief" and "Backache: What Exercises Really Work?", this book provides answers and treatment options for every back pain problem: conventional medicine, drugs, surgery, alternative therapies, self-help techniques, diet and exercise plans.

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- Sales Rank: #6016110 in Books
- Published on: 1999-07-29
- Ingredients: Example Ingredients
- Original language: English
- Number of items: 1
- Binding: Paperback
- 544 pages

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Alla Haynes:

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