



Eliminate Back Pain: The No-Nonsense Illustrated Guide to Relief from Back Pain and Low Back Pain Through Exercise and Better Posture

By Grant Michaels

Createspace, United States, 2013. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Finally Free Yourself from Back Pain One of the most common chronic pain conditions occurs in the lower back. Sometimes this pain can be attributed to severe conditions that will need special medical treatment; however, the majority of the time this pain is greatly associated with having weak back core muscles and tissue. For a very long time, it was believed that when your back gives out the best remedy was to rest, but now more science has come to light to disprove this. The truth is rest is the absolute worst thing you can do for a bad back, and to fix it you will need to start doing back targeted exercises. What Muscles Will Be Targeted in This Book? Grant Michaels has put together a comprehensive guide that will teach you everything you need to know about putting your back in working shape. In his illustrated guide, you will learn how to perform key exercises that will keep your back from suffering pain because it cannot handle simple daily tasks that your body performs. The core...



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