



Back Pain

By John Lee, Suzanne Brook, Clare Daniel

Oxford University Press, United Kingdom, 2009. Paperback. Book Condition: New. 194 x 128 mm. Language: English . Brand New Book. Back Pain: The Facts is aimed at people who want to help themselves. Affecting nearly everyone at some time in their lives, 40 of people will have experienced some form of back pain within the last year, with around 5 of sufferers taking time off work within the last month. Long-term back pain causes a great deal of distress and unhappiness, affecting work life, income, home life, relationships, fitness and mood. Back Pain: The Facts uses clear, succinct chapters to give advice about every aspect of managing back pain, as well as answering frequently asked questions from sufferers. A key element is empowerment through understanding why back pain starts and why it persists. There are chapters promoting stretching, exercise, relaxation, communication, and advice on sexual relations, as well as considerable emphasis on helping with thoughts and feelings.



READ ONLINE
[9 MB]

Reviews

This written publication is wonderful. It really is loaded with knowledge and wisdom You will not really feel monotony at at any time of your time (that's what catalogues are for relating to if you ask me).

-- **Desmond Becker**

Absolutely essential go through publication. I am quite late in start reading this one, but better then never. You will not feel monotony at at any time of the time (that's what catalogues are for regarding if you ask me).

-- **Ambrose Thompson II**