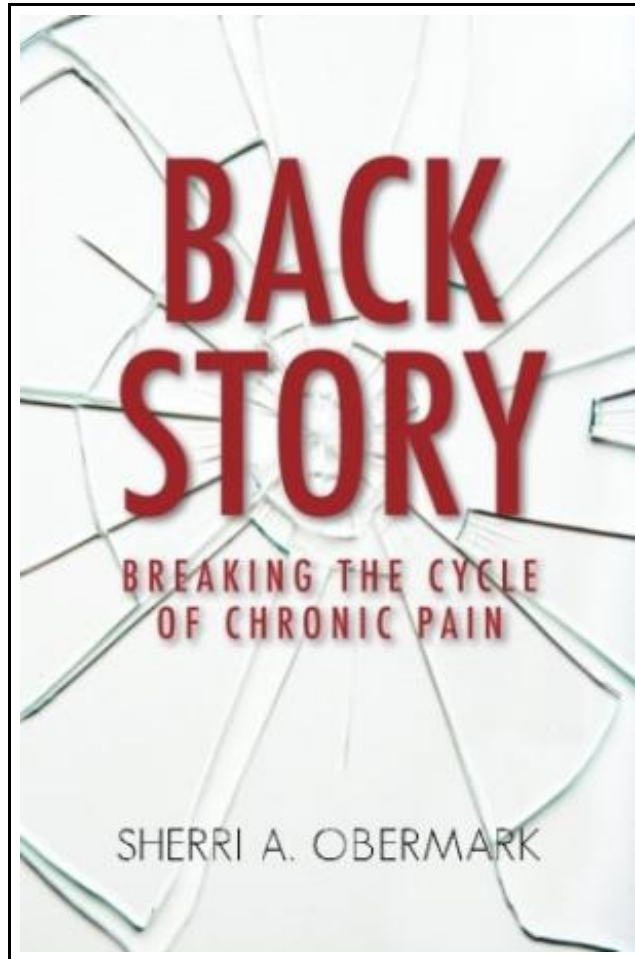


Back Story: Breaking the Cycle of Chronic Pain



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Reviews

This publication will be worth purchasing. It really is written in simple terms instead of difficult to understand. It's been designed in an exceptionally simple way and is particularly only right after I finished reading this ebook in which basically modified me, altered the way I believe.

(Prof. Loyce Runolfsson Jr.)

BACK STORY: BREAKING THE CYCLE OF CHRONIC PAIN



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Zone Four Media, United States, 2015. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****.For twenty years, Sherri Obermark suffered from chronic back pain. She consulted doctors, endured X-rays and MRIs, went to physical therapy, and saw chiropractors over and over again. She visited acupuncturists and sports medicine practitioners. She took up yoga, bought ergonomic chairs and mattresses, but the result was always the same-continued pain and suffering. Obermark isn't alone. Millions of people live with chronic back, shoulder, and muscle pain despite the best efforts of the medical community. Yet today, Obermark's pain is gone. Not just under control-completely cured. Obermark achieved this near-miraculous feat through mind-body synergy, the powerful interaction between physical health and the brain. After learning of the connection between emotional stress and physical ailments, Obermark developed a simple, noninvasive method for curing chronic musculoskeletal pain-no doctors or physical therapists required. Back Story reveals her simple solution to the back pain she'd endured for so many years, shared in the hope that others will be freed from their chronic pain. Of course, each case is different; but don't you owe it to yourself to try? Because everyone deserves a chance at a pain-free life.



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