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ESSENTIAL STEPS TO A PAIN-FREE BACK (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English. Brand New Book ***** Print on Demand *****.Back pain is one of the most common problems that people at some point in their lives. Back pain can be categorized as lower, middle and upper back pain. Muscular and nerve problems, arthritis and degenerative disc disease can be caused by back pain. Symptoms of back pain can be alleviated using pain killers, pain...

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- Released at 2015



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