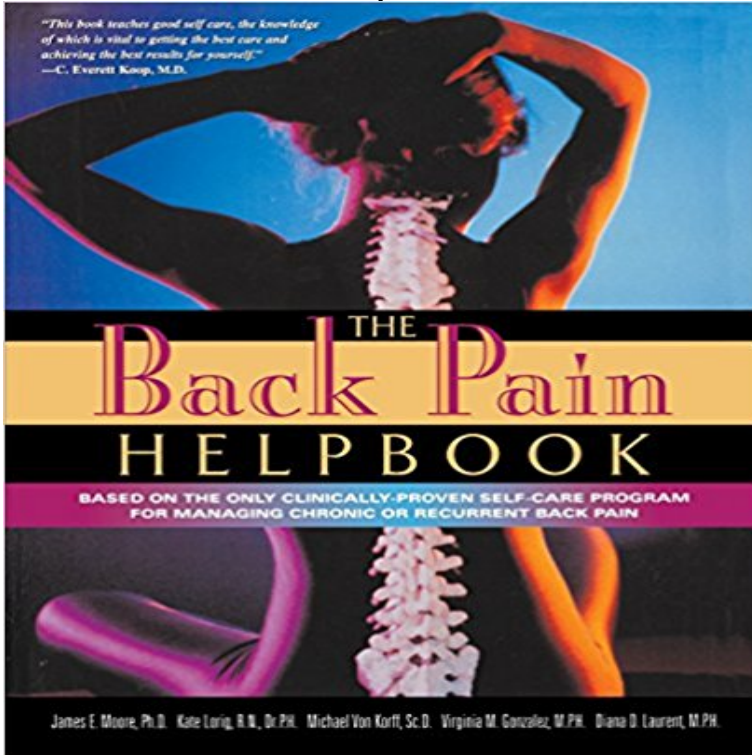


The Back Pain Helpbook



An estimated 8 million Americans require medical care or time off from work because of back pain each year. Despite advances in modern medicine, there is no cure for back pain and the most commonly prescribed remedy for this painful and debilitating condition is long-term self-management. A self-care program for better living, The Back Pain Helpbook includes mind-body methods for relaxation such as breathing and meditation techniques, strategies for combating the depression and fear that often accompany chronic pain, a comprehensive program for fitness including strengthening and stretching exercises, recommendations for prescription and over-the-counter drugs to ease back pain, advice for when to see your doctor and how to get the most out of those visits, tips for engaging in daily activities from sleeping to working to sex, and guidelines for avoiding flare-ups or managing them when they occur.

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customary ? and essential ? neighborhood daily paper publicizing, I'd make a rundown of the living arrangements inside of a 6-piece range of my business. Everybody inside of strolling separation would get a month to month release reporting what I'm doing [Read more...] 1 2 3 7 Next Page » Search the site ... SEARCH ADS RECENT POSTS Direct Mail ? Your Mailbox is Off Limits! Direct Marketing ? Prospecting ? The Third Mailing is the Kicker Direct Marketing ? Do Not Laser Your Envelopes Direct Marketing ? New Move-In Lists Work Well For Doctors and Professionals Direct Marketing Restaurants ? If I Were Running a Restaurant RECENT COMMENTS Brad on 3 Tips on How Not to Lose a Job Scott on Direct Marketing Restaurants ? If I Were Running a Restaurant ARCHIVES June 2016 March 2016 June 2015 May 2015 April 2015 March 2015 CATEGORIES Ideas Jobs Marketing Money Personal Development Copyright © 2016 · Entrepreneurs Community

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