

Back Pain: How to Get Rid of It Forever - Volume One: The Causes. 2013. JP Publishing Australia, 2013. 320 pages. John Perrier. 9780987569417

The title says it all: this book will help you permanently banish your back pain. In three logical sections, it shows you how to feel better. The first section makes it easy for you to understand your back pain. Using simple, clear language, it explains the structure of your spine, and demystifies many common pain-provoking conditions. The second part offers a unique quiz that will help you to classify your injury into one of four types. In this way, you will learn how to cure your pain, not someone else's. In part three, the advice flows thick and fast. You will learn clever techniques that will help you to use your spine more efficiently, and discover how to think, eat, relax, and sleep away your pain. Volume 1: The Causes, makes it easy for you to understand your back pain. Using simple, clear language it explains the structure of your spine, and demystifies many common pain-provoking conditions. Volume 2: The Cures, offers a unique quiz that will help you to classify your injury into one of four types. In this way you will learn how to cure your pain, not someone else's. Then the advice flows thick and fast. You will learn clever techniques that will help you to use your spine more efficiently, and discover how to think, eat, relax, and sleep away your pain. You will also find useful information