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 feel better. The second volume is about how to diagnose your problem and how to treat it. The system of tests for doing this is brilliantly worked out, so I’d advise anyone with back problems to get both these volumes. The diagrams show up pretty well on Kindle and I did feel that I learnt a lot. Excellent.Â Suffering from back pain lead me to download this book. I found it informative at the right level. Perrier didn’t belittle the reader, nor baffle with medical jargon, but has explained things that have been skimmed over by my medical professionals. Read more. In two volumes, it shows you how to feel better. Because the cure uses well-proven techniques that are customised for your particular problem, your relief won’t just last a few days or weeks. You will feel better forever.Â Line Spacing: - Single One-and-a-Half Double Triple. Back Pain: How to Get Rid of It Forever. Volume 1: The Causes. By John Perrier, B.Phty. Physiotherapist. From the Inside Flap. Backpain: How to get rid of it Forever. The title says it all: this book will help you permanently banish your back pain. In two logical volumes, it shows you how to feel better. The first volume 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.Â In this book, John Perrier has devised a system for classifying back pain into one of four types, labeled as either A, B, C, or D. By using this system, you have a far better chance of garnering the right advice for your problem. After that, 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’ll also find useful informa