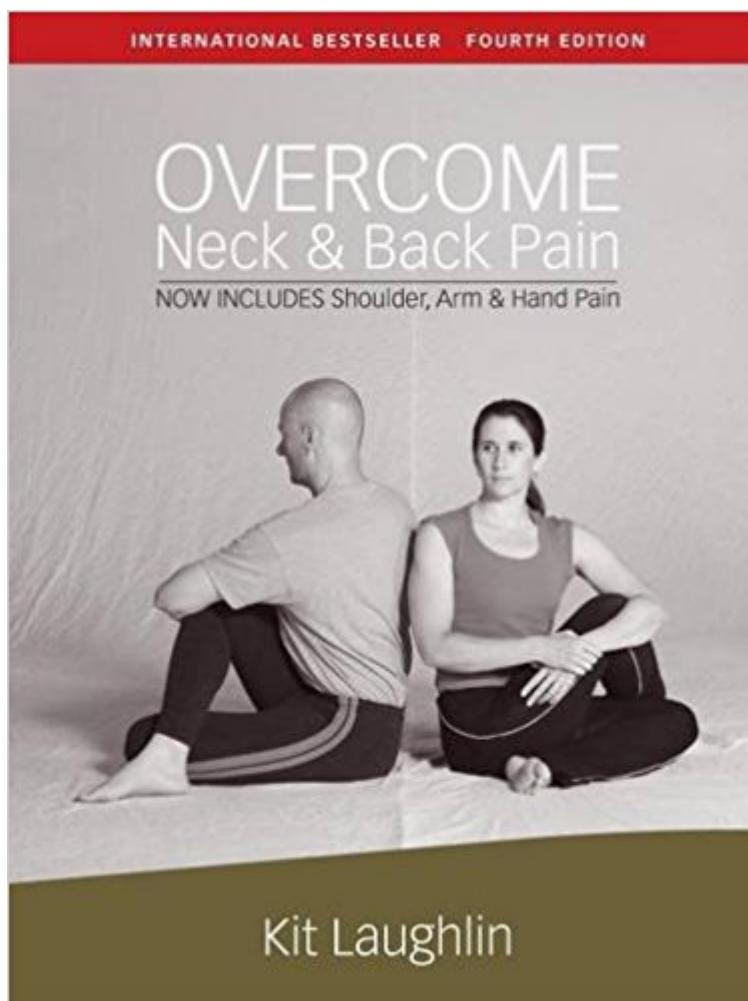


The book was found

# Overcome Neck & Back Pain, 4th Edition



## **Synopsis**

This worldwide standard text shows you how you can overcome neck and back pain by following a straightforward four-part program. Eighty-five per cent of all Australians suffer from neck and back pain - the figures are very similar for Europe and the Americas. Frequently these people have tried everything from manipulation and acupuncture to physiotherapy and in some cases surgery with varying degrees of success. The method described here provides a proven program that in most cases will enable you to overcome your back pain permanently. By careful self-analysis of the problem and then through stretching, strengthening, relaxing and improving your posture, you will experience a remarkable improvement in your back and neck problems as well as an overall sense of improved well being. Using the principles of Eastern and Western medicine, Kit Laughlin has designed a system that provides a way to stop back and neck pain, and which will protect you against future injury.

## **Book Information**

Paperback: 272 pages

Publisher: Kit Laughlin & Associates; 4th Revised ed. edition (April 4, 2016)

Language: English

ISBN-10: 1877020990

ISBN-13: 978-1877020995

Product Dimensions: 8.2 x 0.6 x 11 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 5 customer reviews

Best Sellers Rank: #674,384 in Books (See Top 100 in Books) #80 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Backache #509 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Surgery > General #666 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management

## **Customer Reviews**

I'm pretty much always under impressed with the content of books received ....maybe its just me

Mr Laughlin has great skill in showing you how to solve pain. I was pleased.

I bought this book after attending a Kit workshop. The book covers more than I expected, has helped me a lot

As advertised. Good reference book for long-term pain relief.

Easing my discomfort.

[Download to continue reading...](#)

Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Overcome Neck & Back Pain, 4th Edition 8 Steps to a Pain-Free Back: Natural Posture Solutions for Pain in the Back, Neck, Shoulder, Hip, Knee, and Foot The Back Pain Book: A Self-Help Guide for the Daily Relief of Neck and Low Back Pain Fixing You: Neck Pain & Headaches: Self-Treatment for healing Neck pain and headaches due to Bulging Disks, Degenerative Disks, and other diagnoses. Knee Pain: Treatment for beginners - 2nd EDITION UPDATED & EXPANDED - Knee Pain Relief, Cure and Exercises to overcome your knee problems (Knee Problems - Knee Pain Cure - Knee Hurt Book 1) 7 Steps to a Pain-Free Life: How to Rapidly Relieve Back, Neck, and Shoulder Pain 7 Steps to a Pain-Free Life : How to Rapidly Relieve Back and Neck Pain Using the McKenzie Method The Pain-Free Program: A Proven Method to Relieve Back, Neck, Shoulder, and Joint Pain Walk Yourself Well: Eliminate Back Pain, Neck, Shoulder, Knee, Hip and Other Structural Pain Forever-Without Surgery or Drugs 7 Steps to a Pain-Free Life: How to Rapidly Relieve Back and Neck Pain Back in Balance: Use the Alexander Technique to Combat Neck, Shoulder and Back Pain Do You Really Need Back Surgery?: A Surgeon's Guide to Neck and Back Pain and How to Choose Your Treatment Back Care Basics: A Doctor's Gentle Yoga Program for Back and Neck Pain Relief Neck Check: Chronic Neck Pain Relief Once and For All (Super Spine) Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) Scoliosis Prevention and Treatment: The Ultimate Guide to Health, Fitness, Dieting, Recovery and Growth: osteopathy, alternative medicine, yoga, contemporary ... Back Pain, Pain Relief, Pain Management,) Mind Over Back Pain: A Radically New Approach to the Diagnosis and Treatment of Back Pain Back Pain: How to Relieve Low Back Pain and Sciatica Freedom from Pain: Discover Your Body's Power to Overcome Physical Pain

[Contact Us](#)

[DMCA](#)

Privacy

FAQ & Help