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Backache Relief: The Ultimate Second Opinion from Back-Pain Sufferers Nationwide Who Share Their Successful Healing Experiences

Arthur C. Klein

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Backache Relief was written to provide answers that can save you literally months and years of needless pain and incapacitation. No matter how long you've suffered back pain, no matter how many practitioners, treatments, and self-help approaches you've tried, you'll find answers here that will help you.

Backache Relief documents the effectiveness and ineffectiveness of more than 100 different practitioners, treatments, and self-help therapies. Its findings are based on an extensive survey that took two years to complete—correspondence and interviews with nearly 500 back sufferers from every state in the nation.

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