



Neck and Back Pain: A Practical Guide to Getting on With Your Life

By Chris Jenner

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, Neck and Back Pain: A Practical Guide to Getting on With Your Life, Chris Jenner, Chronic neck or back pain can seriously affect all aspects of daily life. This marvellous little book will empower the patient with self-knowledge and increased awareness of the treatment options available to bring about much needed relief. A must-read for all sufferers." How to manage your Neck and Back Pain by becoming an expert patient. Far from just being the curse of the elderly, neck and back pain affects the majority of the adult population at some point in their lives, as well as huge numbers of children and adolescents. Even in chronic cases, however, it does not have to mean the end of life as you once knew it. With the knowledge contained in this book and the right care, you can regain control and live a happy and productive life. In his reassuringly down-to-earth guide, Dr Chris Jenner describes the many causes of neck and back pain in easily understood laymen's terms. He then explores what it means to live with neck and back conditions in a practical sense, sets out your treatment...



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Reviews

A top quality publication along with the font used was intriguing to read. I really could comprehend everything using this written e book. Its been designed in an remarkably straightforward way and it is only after i finished reading through this publication by which basically altered me, modify the way i believe.

-- **Cathrine Larkin Sr.**

Very useful to all of group of people. I actually have read through and so i am certain that i will planning to study yet again once again down the road. I am just very easily can get a satisfaction of looking at a created book.

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