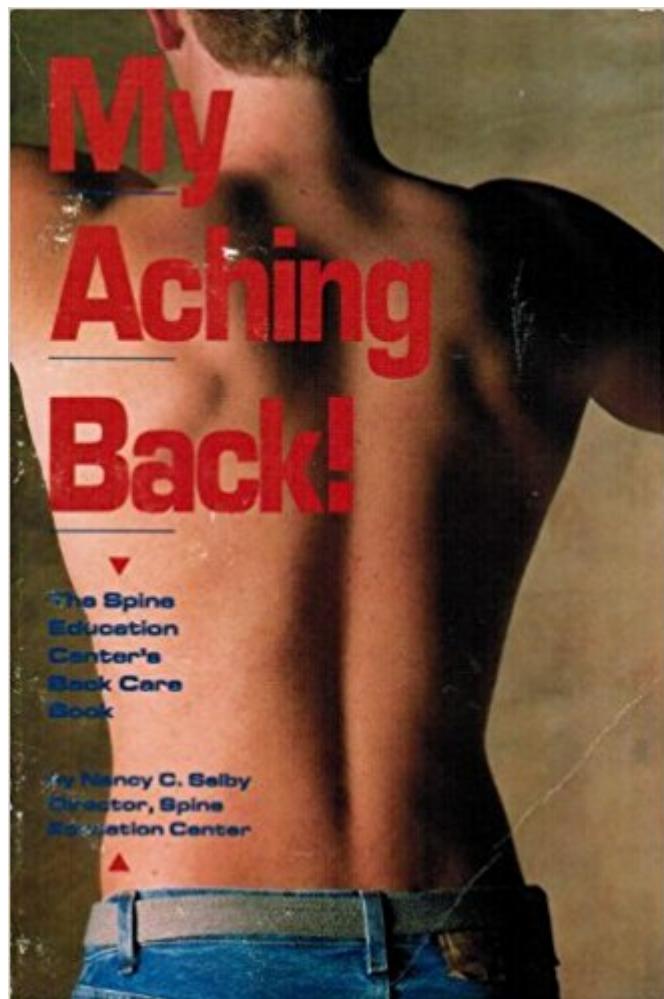


The book was found

# My Aching Back!



## Synopsis

My Aching Back!

## Book Information

Paperback: 169 pages

Publisher: Hp Books (December 1988)

Language: English

ISBN-10: 0895867060

ISBN-13: 978-0895867063

Package Dimensions: 8.8 x 5.5 x 0.4 inches

Shipping Weight: 10.4 ounces

Average Customer Review: 5.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #868,575 in Books (See Top 100 in Books) #105 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Backache

## Customer Reviews

My Aching Back!

The book came in very good condition. It has good info about helping you help yourself to getting a better back.

I bought this for myself years ago, and found it very helpful. This copy is for my sister. She agrees it helps. I'm glad it's still in print.

[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) No More Aching Back: Dr. Root's New Fifteen-Minutes-A-Day Program for Back Oh My Aching Back My Aching Back! Your Aching Back: A Doctor's Guide to Relief Empty Womb, Aching Heart: Hope and Help for Those Struggling With Infertility Those Aching Feet - Revised Edition:

Your Guide to Diagnosis and Treatment of Common Foot Problems The Shepherd's Crown (Tiffany Aching) The Gospel of Mark - Bible Study Book: The Jesus We're Aching For The Shepherd's Crown (Tiffany Aching Series, Book 5)(Discworld series) A Land of Aching Hearts: The Middle East in the Great War The Wee Free Men (Tiffany Aching) Wintersmith (Tiffany Aching) I Shall Wear

Midnight (Tiffany Aching) Busy Helicopter: Pull-Back (Pull-Back Series) Back Stretching - Back Strengthening And Stretching Exercises For Everyone 222 Love Techniques to Make Any Man Fall in Love With You & Get Your Ex Back. Learn The Rules and Secret Laws of Enchantment: 222 Love Techniques to Get Your Ex Back and Make Him Miss You 8 Steps to a Pain-Free Back: Natural Posture Solutions for Pain in the Back, Neck, Shoulder, Hip, Knee, and Foot Back RX: A 15-Minute-a-Day Yoga- and Pilates-Based Program to End Low Back Pain Mind Over Back Pain: A Radically New Approach to the Diagnosis and Treatment of Back Pain

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)