



Back in Balance: Use the Alexander Technique to Combat Neck, Shoulder and Back Pain

Richard Brennan

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Back pain is epidemic—but the Alexander Technique can offer relief. This essential guide helps sufferers discover how their posture and movements harm their health and gives new ways of performing daily activities. The result: reduced muscular tension and stress on the bones and joints . . . and a more pain-free life. Fact panels, tips, quick reference summaries, and plenty of illustrations make this a must-have for anyone who hurts.

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