



Overcoming Back and Neck Pain: A Proven Program for Recovery and Prevention

Lisa Morrone

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One-third of Americans report having had low-back pain in the last 30 days. Ten percent are enduring chronic neck pain right now! Drug prescriptions, endless treatments, and limited lifestyles are just some of the consequences.

Expert physical therapist Lisa Morrone says *no* to the treadmill of suffering. From nearly 20 years of teaching and practicing physical therapy, she offers a clinically proven approach to overcoming nagging back or neck pain.

Lisa puts in one straightforward, accessible package the most effective exercises, guidelines, and lifestyle adjustments, involving...

- proper posture and core stability
- strengthening and stretching
- healthy movement patterns and ergonomics
- recovery from pain from compressed or ruptured discs
- nutrition, rest, and emotional/spiritual issues

With Lisa's recommendations, readers will find they can attain substantial or complete freedom from pain-- which brings freedom to enjoy work, friends, and family again, and live a fulfilling life serving God and others.

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From reader reviews:

Nicole Marcil:

Have you spare time for any day? What do you do when you have a lot more or little spare time? That's why, you can choose the suitable activity with regard to spend your time. Any person spent their spare time to take a walk, shopping, or went to typically the Mall. How about open or even read a book called Overcoming Back and Neck Pain: A Proven Program for Recovery and Prevention? Maybe it is to become best activity for you. You understand beside you can spend your time along with your favorite's book, you can smarter than before. Do you agree with it has the opinion or you have other opinion?

Robert Stewart:

Playing with family in a park, coming to see the ocean world or hanging out with close friends is thing that usually you might have done when you have spare time, then why you don't try thing that really opposite from that. A single activity that make you not sense tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love Overcoming Back and Neck Pain: A Proven Program for Recovery and Prevention, you may enjoy both. It is great combination right, you still want to miss it? What kind of hang-out type is it? Oh can occur its mind hangout folks. What? Still don't understand it, oh come on its known as reading friends.

Rose Buck:

Is it anyone who having spare time then spend it whole day through watching television programs or just lying on the bed? Do you need something totally new? This Overcoming Back and Neck Pain: A Proven Program for Recovery and Prevention can be the answer, oh how comes? A book you know. You are so out of date, spending your spare time by reading in this brand new era is common not a nerd activity. So what these guides have than the others?

Suanne Barnwell:

Do you like reading a publication? Confuse to looking for your chosen book? Or your book ended up being rare? Why so many question for the book? But any kind of people feel that they enjoy regarding reading. Some people likes studying, not only science book but novel and Overcoming Back and Neck Pain: A Proven Program for Recovery and Prevention as well as others sources were given information for you. After you know how the fantastic a book, you feel want to read more and more. Science e-book was created for teacher or even students especially. Those guides are helping them to increase their knowledge. In various other case, beside science guide, any other book likes Overcoming Back and Neck Pain: A Proven Program for Recovery and Prevention to make your spare time a lot more colorful. Many types of book like this one.

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