



# Smart Guide to Healing Back Pain (The Smart Guides Series)

*Carole Bodger*

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# Smart Guide to Healing Back Pain (The Smart Guides Series)

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**Smart Guide to Healing Back Pain (The Smart Guides Series)** Carole Bodger  
Smart Advice on the leading causes of back problems and the best ways to relieve the pain

Smart Ways to stretch, exercise, and strengthen the muscles in your back

Smart Tips on how today's leading medical techniques and therapies can make your back feel good again

An all-you-need-to-know introduction to understanding why your back hurts and how to make it feel good again

\* Smart Insights into the causes of back pain and the many factors--including



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