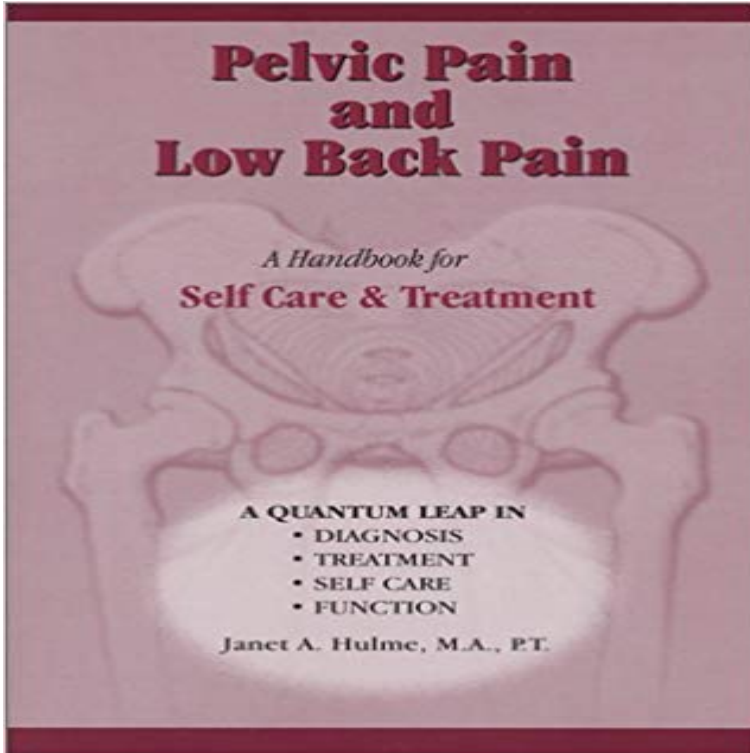


# Pelvic Pain & Low Back Pain: A Handbook for Self Care & Treatment



What has been the most frustrating aspect of chronic pelvic or low back pain for you? The discomfort? The disruption in your daily and sexual lifestyle? The lack of progress in becoming a whole and healthy individual? This new book provides new options and alternatives for the treatment of pelvic pain and low back pain, in addition to more traditional strategies. This book helps you take a step by step approach to assessing chronic pelvic pain and proceeds with uniquely designed treatment approaches to stabilize the underlying dysfunctions so chronic pelvic and low back pain disappear.

Abravanel's World of Torah, upon completion, will comprise a multi-volume set of Don Yitzchak Abravanel's commentary to the Five Books of Moses. This series is not a linear translation but rather a methodical, structured interpretation of Abravanel's commentary. It is designed to be read and studied independently or can be used as an excellent guide and helpful companion to the Hebrew original.

Abravanel's World of Torah: Bereshit was originally published by Torah Renaissance Press in 2012. This was followed by a Second Printing (2nd Ed.) in 2013 and a Third Printing in 2014.

Abravanel's World of Torah: Shemot Volume I covers the first six parshiyot in Sefer Shemot. This volume features a systematic translation of Abravanel's classic commentary beginning with Parashat Shemot until the end of Parashat Mishpatim, plus much more.

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