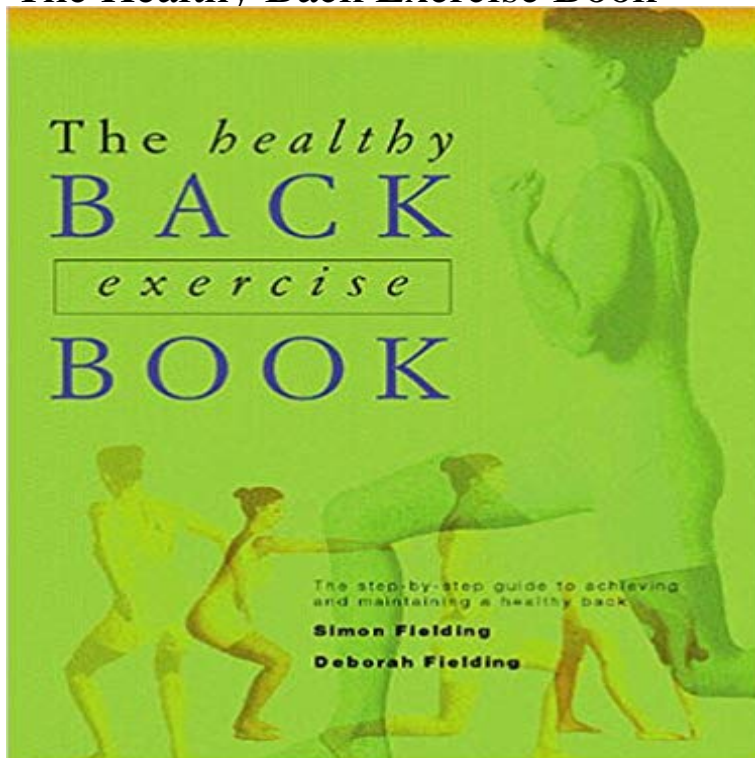


## The Healthy Back Exercise Book



Imagine achieving optimum back health, strength, and pain-free flexibility! The Element Guide to a Healthy Back concentrates exclusively on the back, detailing back problems, symptoms, and solutions while outlining alternative and conventional therapy options. Specially-commissioned step-by-step photographs demonstrate safe exercise routines, specifically targeted to ease pain, increase suppleness, and prevent injury. The Element Guide to A Healthy Back provides practical tips to alleviate and prevent back pain, including carefully graded back and stomach-strengthening exercises, advice on good posture, and helpful lifestyle habits. Case studies add a personal edge, while side-bar boxes continually remind readers of useful tips. Divided into six sections, this thorough book covers: \* Back injury statistics \* Preventative measures \* The anatomy and mechanics of the back as a whole and in parts \* Thorough discussion of both conventional and complementary treatment \* Specific back ailments and injuries, from disc problems to muscle strains \* Specific exercises for healthy backs, painful backs, and recovering backs Written by a renowned back expert, the book also offers specially-commissioned artwork, illustrating therapists in action, back massage and relaxation techniques. The Element Guide to a Healthy Back is authoritative, effective help for aching backs!

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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