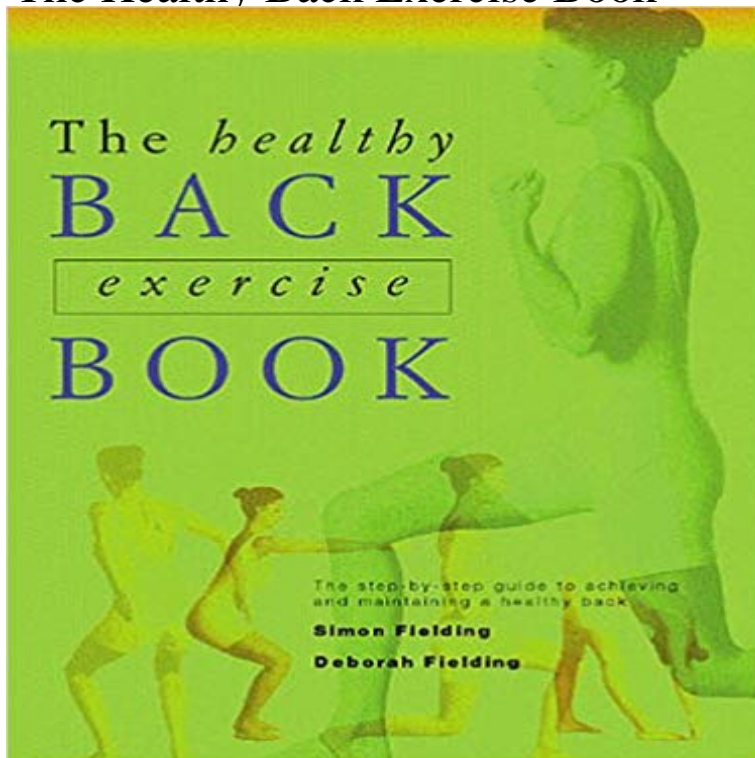


The Healthy Back Exercise Book



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!

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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.

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