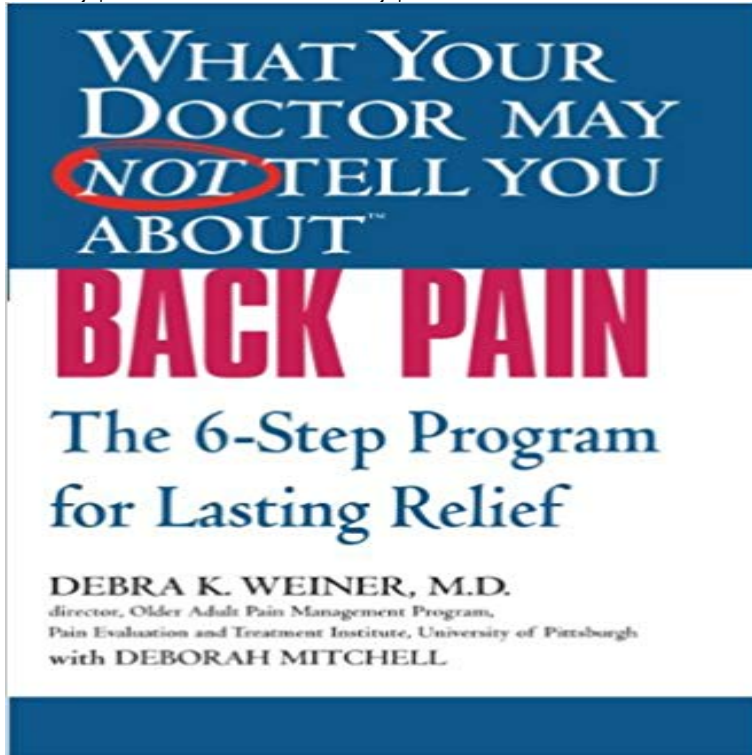


## What Your Doctor May Not Tell You About(TM) Back Pain: The 6-Step Program for Lasting Relief



Millions of Americans suffer from chronic back pain, but what most don't realize is that their ailment is often caused by a combination of factors. According to Dr. Debra K. Weiner, identifying the disorders that contribute to chronic back pain is a critical part of the treatment process. To achieve lasting relief, a multifaceted, multidisciplinary approach is needed--no single pill or therapeutic procedure will solve the problem. In this authoritative guide, Dr. Weiner has distilled 20 years of research and clinical practice into an integrative six-step program. Readers will learn: how to identify the causes of their back pain and determine which treatments are most useful; how to distinguish their problem from potential misdiagnosis; traditional and alternative physical therapies and exercises; proven mind/body approaches; a guide to common medications and injections; pros and cons of different surgeries and invasive procedures; and much more.

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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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