



Chicken Soup for the Soul Healthy Living Series: Back Pain: Important Facts, Inspiring Stories

Jack Canfield, Mark Victor Hansen

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The best inspiration meets the best information...

- Diagnostic Tools
- Working with Your Doctor
- Setting Treatment Goals
- Avoiding Therapy Quacks
- Preventing Osteoporosis
- Developing an Exercise Plan
- Acupuncture and Alternative Therapies
- Beating Back Pain

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