



Feeling Good

Pain Relief Through Movement

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Category : Practical Books

Genres : Sports/Games - Well-Being/Self-Help

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Ease your pain without medication!

This book, based on the latest scientific research, will sweep away your preconceptions. That's right—even if you suffer from lower back pain, running won't crush your lumbar disks!

This guide will help you stay in shape with plenty of exercises shown in photos.

Adopting a holistic view of the body, Mr. Clavicule is here with advice for sleeping better, staying active, and meditating, not to mention bonus tips on better posture for working at home!

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