



Overcome Neck Back Pain

By Kit Laughlin

Touchstone Books. Paperback. Book Condition: New. Paperback. 200 pages. Dimensions: 10.8in. x 8.2in. x 0.5in. If you suffer from back pain, as 85 percent of Americans do, you may think there is no way to bring about a complete end to your pain. Books, videos, and even doctors offer ways to manage the pain, but not to stop it. Finally there is a solution. Overcome Neck and Back Pain, the international bestseller, provides a means to end your back pain permanently through an easy-to-follow four-part program of structural analysis and correction, stretching, strengthening, and relaxing. Kit Laughlin spent years suffering from back pain, and, in search of relief, even traveled to Japan, where he found the solution. Using the principles of hatha yoga, he developed a combination of Eastern and Western medicine that provides a way to stop back pain and even protect oneself from future injury. Through clear, instructive photos and easy-to-follow instructions Overcome Neck and Back Pain shows the beginner how to use stretching, strengthening, and relaxation to end the pain. Overcome Neck and Back Pain also provides instruction in more advanced techniques, with an explanation of the principles behind the movements. The comprehensive text offers solutions for athletes...



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