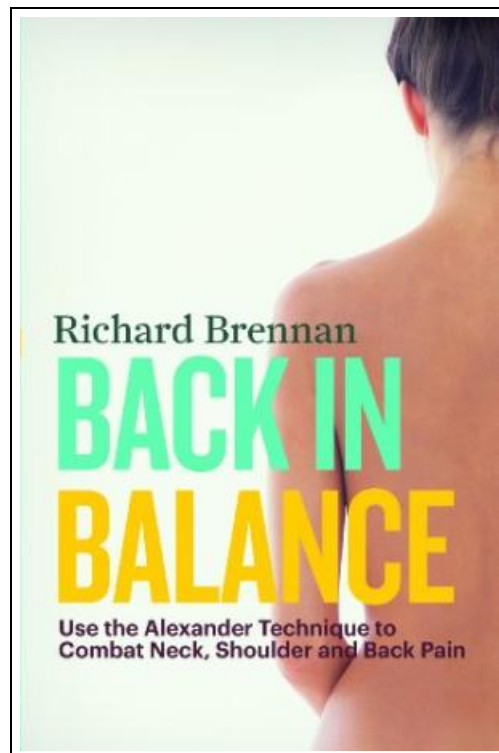


Back in Balance: Use the Alexander Technique to Combat Neck, Shoulder and Back Pain



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Watkins Media. Paperback. Book Condition: new. BRAND NEW, Back in Balance: Use the Alexander Technique to Combat Neck, Shoulder and Back Pain, Richard Brennan, According to recent figures, back pain has now reached epidemic proportions with millions of people across the globe experiencing severe muscular pain every year - in fact, over 4 million people now input 'lower back pain' into Google every month. Most are suffering completely unnecessarily, as the root cause of their pain stems primarily from poor postural habits while performing everyday actions. In the last decade alone, the number of people in the UK who have suffered from back pain has risen to nearly 50% of the population. But help is at hand with Back in Balance, an easy-to-understand practical book designed to help readers discover the cause of their own individual back problem and offer them an effective and lasting solution to their suffering. This essential guide draws on many of the principles of the Alexander Technique, a practical way of releasing muscular tension throughout the body. Helping the reader to discover how their posture and movements may be having a detrimental effect on their health, this guide offers new ways of performing daily activities, with the aim of reducing muscular tension and stress on the bones and joints - and making their lives pain free.



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