



## Back pain (52 Brilliant Ideas)

*Infinite Ideas, Dr Ruth Chambers*

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Back pain can destroy lives. Often people learn just to live with it, relying on painkillers to get them through the day. As a practising doctor who deals with back injuries every day, Dr Ruth Chambers draws on her years of experience to help you understand what triggers back problems and what may alleviate them. In Back pain Dr Chambers outlines over 50 ideas that can help sufferers overcome the agony and make everyday tasks more manageable and pain-free.

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