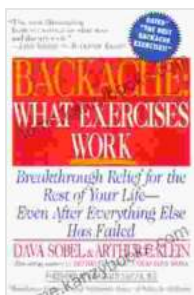


Backache: What Exercises Work - The Ultimate Guide to Relieving Back Pain

By Dava Sobel

Millions of people suffer from back pain every year, and it can be a debilitating condition. But there is hope! With the right exercises, you can relieve your back pain and improve your quality of life.

In her book, "Backache: What Exercises Work," Dava Sobel provides a comprehensive guide to the best exercises for back pain. Sobel is a renowned science writer and the author of several best-selling books, including "The Planets" and "Galileo's Daughter." In "Backache: What Exercises Work," she draws on her extensive research to provide readers with the most up-to-date information on back pain and its treatment.



Backache: What Exercises Work by Dava Sobel

★★★★☆ 4.7 out of 5

Language : English
File size : 4247 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 208 pages



The book is divided into three parts. The first part provides an overview of back pain, including the different types of back pain and the causes of back pain. The second part of the book provides a detailed description of the

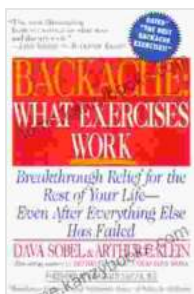
best exercises for back pain. The exercises are divided into three categories: strengthening exercises, flexibility exercises, and cardiovascular exercises. The third part of the book provides tips for preventing back pain and for managing back pain on a daily basis.

"Backache: What Exercises Work" is an essential resource for anyone who is struggling with back pain. Sobel provides clear, concise instructions for the exercises, and she also includes helpful tips and advice. If you're looking for a way to relieve your back pain, this book is a must-read.

Here are some of the key benefits of "Backache: What Exercises Work":

- * Provides a comprehensive overview of back pain, including the different types of back pain and the causes of back pain.
- * Offers a detailed description of the best exercises for back pain, divided into three categories: strengthening exercises, flexibility exercises, and cardiovascular exercises.
- * Includes tips for preventing back pain and for managing back pain on a daily basis.
- * Written by Dava Sobel, a renowned science writer and the author of several best-selling books.

If you're struggling with back pain, "Backache: What Exercises Work" is the book for you. Free Download your copy today and start on the path to a pain-free back!

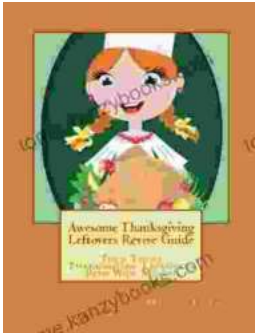


Backache: What Exercises Work by Dava Sobel

★★★★☆ 4.7 out of 5

Language : English
File size : 4247 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled

Word Wise : Enabled
Print length : 208 pages



The Ultimate Thanksgiving Leftovers Revive Guide: Unlock a World of Culinary Delights

Thanksgiving, the season of gratitude and feasting, often leaves us with an abundance of leftovers. But instead of letting your culinary...



The Canyoneer Trail Guide To San Diego Outdoors

Are you ready to embark on an unforgettable adventure in the heart of Southern California? Look no further than "The Canyoneer Trail Guide To San Diego Outdoors,"...