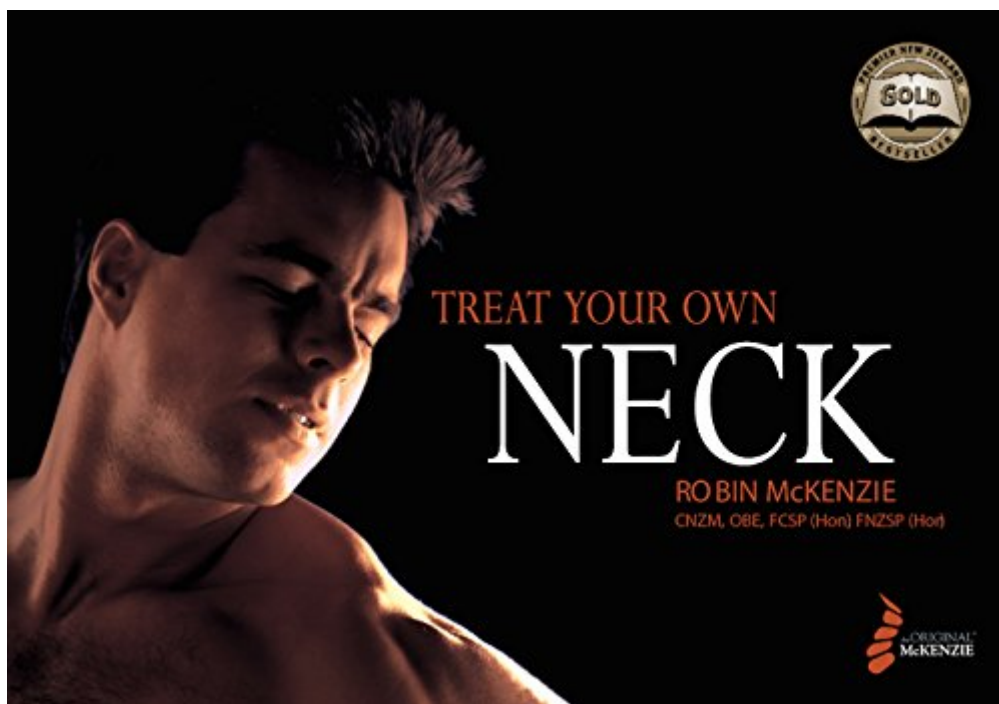


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# Treat Your Own Neck



## Synopsis

Is your head throbbing? Does your shoulder ache? Or do you have pain at your elbow driving you to distraction? Neck pain and the often associated headache are all too familiar. Don't reach for the pain killers to mask your problem, take responsibility and read on. Busy lifestyles take a toll on your body. Whether it is sitting at a work station, doing precision work or driving a vehicle for prolonged periods, your neck region is particularly vulnerable. Treat Your Own Neck will give you a practical approach to managing your neck pain symptoms. The exercise regime unique to the McKenzie Method will empower you to respond to different types of neck-related pain, including postural stress. This book will enable you to identify and respond to any neck pain reoccurrence in a safe and economical manner.

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Generating your own Energy (Homesteading, ... Treat Your Dog Right: Best Ever Homemade Dog Treat Recipes Neck Check: Chronic Neck Pain Relief Once and For All (Super Spine) The 15 Minute Neck Release: Learn How to Quickly Relieve Neck Pain and Stiffness of a Friend or Loved One Natural Facelift Super Neck Tighteners That Rejuvenate the Neck and Diminish a Double Chin! THE ESSENTIAL ACUPUNCTURIST GUIDE TO HEAD AND NECK PAIN: Effectively treat Migra Start Your Own Corporation: Why the Rich Own Their Own Companies and Everyone Else Works for Them (Rich Dad Advisors) Treat Your Own Back Treat Your Own Hand and Thumb Osteoarthritis Treat Your Own Iliotibial Band Syndrome Treat Your Own Spinal Stenosis Treat Your Own Knees: Simple Exercises to Build Strength, Flexibility, Responsiveness and Endurance Treat Your Own Rotator Cuff Step By Step To Your Own Domain And Webhosting: Tips and tricks for registering your own domain name and connecting it with your webhosting provider (Step By Step Booklets Book 1) Homesteading for Beginners: How to Grow Your Own Food, Raise Livestock, Repair Your Home Yourself and Generate Your Own Power Create Your Own Operating System: Build, deploy, and test your very own operating systems for the Internet of Things and other devices The Home-Based Bookstore: Start Your Own Business Selling Used Books on , eBay or Your Own Web Site

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