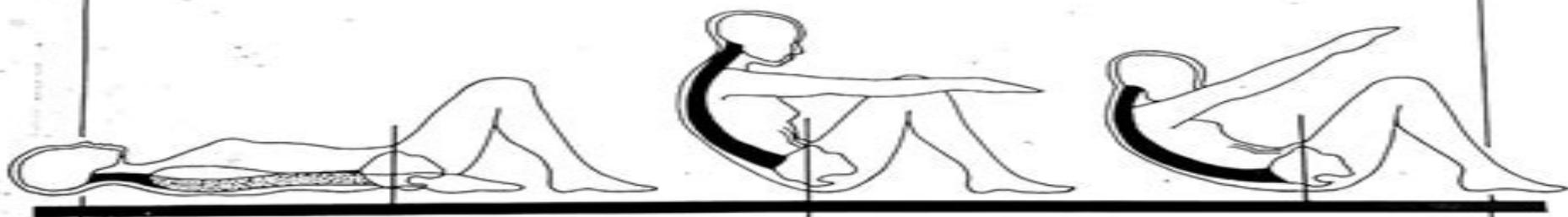


Goodbye Backache

An easy, practical way to
a pain-free and healthy back

Dr David Imrie
with Colleen Dimson



Goodbye Backache

RD Boyd



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Goodbye, Backache David Imrie, Colleen Dimson, 1984-06-01 Discusses the causes of backache describes methods for relieving pain in the back and recommends exercises designed to develop a strong healthy back *Goodbye Backache* David Imrie, Colleen Dimson, 1984 *Goodbye Backache* Dimson, Colleen, Imrie, David, 1983 **Goodbye Backache** David Imrie, Colleen Dimson, 1983 *New York Magazine*, 1987-03-16 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine's consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea **Your Guide to Coping with Back Pain** Judylaine Fine, 1985

Manual Materials Handling M M Ayoub, 2020-11-25 This book highlights the problems and hazards of manual materials handling and provides ergonomic and engineering solutions for alleviating them It is helpful for both researchers and practitioners who are committed to solving the multifaceted manual materials handling problem **The Low Back** Leo Gelfand, 1990 **The Ultimate Back Book** Judylaine Fine, 2000 Judylaine Fine establishes that in most cases a thoughtful combination of therapies and approaches rather than a single treatment is the best way to deal with what can be a mysterious and heartbreaking affliction If you suffer from back pain you will find more than just physical comfort in The Ultimate Back Book With its personal down to earth and at times irreverent style you will find the inspiration you need to fight and ultimately conquer your pain Popular Science, 1963-04 Popular Science gives our readers the information and tools to improve their technology and their world The core belief that Popular Science and our readers share The future is going to be better and science and technology are the driving forces that will help make it better **Exercise** James D. Lepanto, F. Compton Jenkins, 1986 **Country Life in Canada**, 1915 **Prevention** Prevention (Firm : Emmaus, Pa.), 1985 **India**, 1988 Snow Country, 1991-01 In the 87 issues of Snow Country published between 1988 and 1999 the reader can find the defining coverage of mountain resorts ski technique and equipment racing cross country touring and the growing sport of snowboarding during a period of radical change The award winning magazine of mountain sports and living tracks the environmental impact of ski area development and people moving to the mountains to work and live *The Natural Healing Cookbook* Mark Bricklin, 1958-08 **The Natural Healing Annual**, 1986 *Mine Safety and Health Congress Proceedings*, 1988 **The Saskatchewan Labour Report**, 1987 **Coping with Anxiety and Depression** Shirley Trickett, 1989 This is an updated self help guide for anyone who suffers from depression and anxiety It explains how and why these conditions occur suggesting positive ways of coping successfully It includes case histories and describes the different drug and non drug treatments available A list of additional books and tapes is also included

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