



## **8 Steps to a Pain-Free Back: Natural Posture Solutions for Pain in the Back. Neck. Shoulder. Hip. Knee. and Foot by Gokhale. Esther ( 2013 ) Paperback**

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Arguing that most of what Western culture has taught about posture is misguided--even unhealthy--and exploring the current epidemic of back pain, many of the commonly cited reasons for the degeneration of spinal discs and the stress on muscles that leads to back pain are examined and debunked.

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