



Overcome Neck & Back Pain, 4th Edition

Kit Laughlin

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This worldwide standard text shows you how you can overcome neck and back pain by following a straightforward four-part program.

Eighty-five per cent of all Australians suffer from neck and back pain - the figures are very similar for Europe and the Americas. Frequently these people have tried everything from manipulation and acupuncture to physiotherapy and in some cases surgery with varying degrees of success.

The method described here provides a proven program that in most cases will enable you to overcome your back pain permanently. By careful self-analysis of the problem and then through stretching, strengthening, relaxing and improving your posture, you will experience a remarkable improvement in your back and neck problems as well as an overall sense of improved well being.

Using the principles of Eastern and Western medicine, Kit Laughlin has designed a system that provides a way to stop back and neck pain, and which will protect you against future injury.

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