



Fix Your Own Pain Without Drugs or Surgery

Jolie Bookspan

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This book is for everyone who hurts and wants to stop hurting. Renowned research scientist and author Dr. Jolie Bookspan first explains how pain develops and continues. Then in an enjoyable and easy-to-read manner, Dr. Bookspan shows how to apply simple techniques to stop the causes of pain-and keep it from coming back. Addresses neck and upper back pain, lower back pain, shoulder pain, hip pain, knee pain, ankle and Achilles pain, general foot pain, leg and foot cramps, hamstring stretching, wrist pain, mystery pain, and more.

Drawings and photos illustrate concepts.

Every page, of 330 total, has specific things to do, things to avoid, things to check for, and/or a story of people who did and didn't fix pain and why.

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