



The 7-Minute Back Pain Solution: 7 Simple Exercises to Heal Your Back Without Drugs or Surgery in Just Minutes a Day

Dr. Gerard Girasole, Cara Hartman

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Banish back pain forever!

Are you one of the millions of lower-back-pain sufferers who is desperate for relief? Have you ever been stopped in your tracks by pain so excruciating you were afraid to move? Have you spent countless hours seeing medical professionals? Now, with 7 easy stretches done in just minutes a day, you can finally relieve your back pain and prevent it from happening again. The exercises and tips in this book will teach you how to fight back pain anywhere, anytime, using the equipment you already have—your own muscles.

Orthopaedic spine surgeon Dr. Gerard Girasole and personal trainer Cara Hartman have teamed up to develop a proven program that will help you:

- Heal by doing the 7 stretches, which will take you no more than 7 minutes.
- Strengthen your core, which gives your spine the protection it needs.
- Protect your improved core strength to make future injuries much less likely.

The detailed photographs and helpful lists in this book will guarantee you see results, while the guide to daily activities will show you how to prevent injuries, whether you're exercising, doing the laundry or commuting to work. Say goodbye to back pain, starting today.

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Walton Han:

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