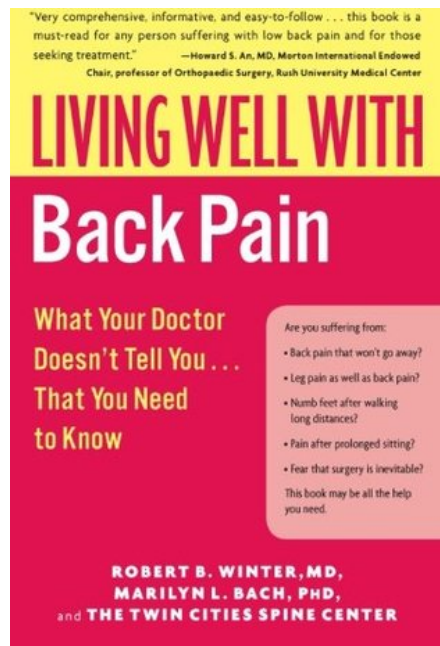




Living Well with Back Pain: What Your Doctor Doesn't Tell You...That You Need to Know

Robert B. Winter , Marilyn L. Bach

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If you're one of the millions of Americans suffering from back pain, Robert B. Winter, MD, and Marilyn L. Bach, PhD, have the answers and knowledge you need to effectively manage your condition. In *Living Well with Back Pain*, Winter and Bach draw on an extensive network of experts to bring you the latest information on:

Diagnosing—and even eliminating—the problem

Exercise programs and over-the-counter drug treatments

Choosing the right medical practitioner

When surgery and other invasive procedures are not needed

The authors are affiliated with an internationally renowned back treatment center, the Twin Cities Spine Center, which has treated tens of thousands of back pain sufferers. Their expertise and up-to-the-minute knowledge make this the most comprehensive, current, and accessible back pain book available.

Living Well with Back Pain: What Your Doctor Doesn't Tell You...That You Need to Know Details

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Krista says

Living Well with Back Pain is by far the best book I have read about back health and injury. It has all the elements that would help someone seek treatment, common conditions and the semi-technical terms that help you understand what is truly wrong, then self-care, care by doctors, surgeries, recovery, and finally, it actually includes a step-by-step physical therapy program and advice on weight and exercise that is easy to follow. They are many of the tried and true exercises I've followed. Finally, for someone with a juvenile through adult back condition, it seemed like it was well-researched that doesn't talk down to the patient and it also suggests good options for chronic care.

Gloria says

This is another good book full of information and advice on managing back pain. It is comprehensive and includes pictures of exercises you can do at home. Enjoyed its advice on taking charge ... which could apply to many life situations: Empowerment, Optimism, and Fortitude. Empowerment is defined as the belief that you have the ability and resources to bring about the best possible outcome. Optimism is the potent combination of positiveness and hope, choosing to believe that good things can and will happen. Fortitude is the willingness to cope with whatever comes your way.
