

# good news for bad backs



Robert L. Swezey, M.D.  
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New  
Revised  
Edition

*"It's hard to imagine what a doctor or chiropractor  
could possibly add."* Los Angeles Times

- Rapidly Relieve Your Pain
- How to Treat Low Back Pain without Surgery
- Most Advanced Methods for Getting Back to Active Life!
- Dozens of easy to follow strengthening exercises and ergonomic tips

# Good News For Bad Backs Revised Ed

**Martin J. H. Povser**



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