

One of a hugely popular series of short, clear, straight-forward, no-bullshit guides to soft tissue conditions and joint problems by one of the world's most highly experienced consultants in manual and physical medicine. These are self-help guides for sufferers designed to make dealing with your condition much quicker, easier and cheaper. David Wilson has already been hugely successful in speeding recovery and dramatically cutting the number of surgeries in his patients. LET HIM HELP YOU. Take advantage of a lifetime's knowledge and experience. Read his advice and follow his clinically-proven methods to get rid of pain fast and without surgery. Read this book and take your life back! In this book: A detailed explanation of what the condition is. A description of what it's not. A compilation of treatment methods which are known to work. A brief description of David's own highly successful clinical strategy which has been proven to be effective again and again. Back pain affects 85% of the population and 97% of it is treatable by simple methods YOU are in control of. Read this manual and use them!

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