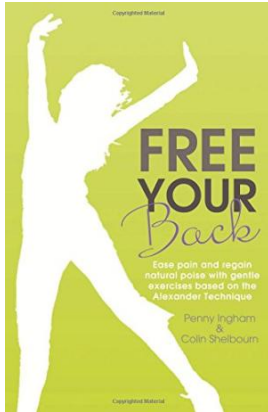


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FREE YOUR BACK!: EASE PAIN AND REGAIN NATURAL POISE WITH GENTLE EXERCISE BASED ON THE ALEXANDER TECHNIQUE



Summersdale Publishers. Paperback. Book Condition: new. BRAND NEW, Free Your Back!: Ease Pain and Regain Natural Poise with Gentle Exercise Based on the Alexander Technique, Penny Ingham, Colin Shelbourn, Free Your Back will change the way you stand, walk and sit. The advice will help you to ease those painful stiff necks and backaches and allow you freer movement and better balance throughout your body, for a healthier life free of back pain. In this practical, easy-to-follow guide Penny shows...

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