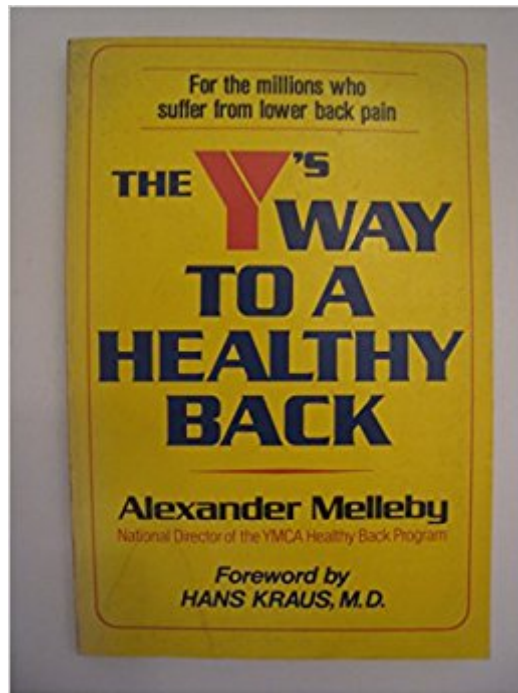




The book was found

The Y's Way To A Healthy Back



Synopsis

healing lower back pain

Book Information

Paperback: 192 pages

Publisher: New Win Pub (November 1982)

Language: English

ISBN-10: 0832901474

ISBN-13: 978-0832901478

Product Dimensions: 0.5 x 6.2 x 9 inches

Shipping Weight: 10.4 ounces

Average Customer Review: 4.8 out of 5 stars 18 customer reviews

Best Sellers Rank: #182,512 in Books (See Top 100 in Books) #31 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Backache](#) #67 in [Books > Medical Books > Medicine > Surgery > Orthopedics](#) #350 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation](#)

Customer Reviews

healing lower back pain

I started the exercise program about a week ago, so don't yet know if I'm going to be cured of my backache. The exercises are easy so far. I'm definitely going to stick with them. I ordered this book on the recommendation of a friend who had very good results with the program.

This is a great little book. A couple of my family members were complaining about back pain, so I bought this for them. One of my very practical family members said, "There is a lot of breathing in this book." Uh, well, uh, breathing is good for you. And I guess it helps your back too. Both family members using this book said that after only a few days their pain had noticeably improved.

Fabulous book. I injured my back in the 80's, found this book and started doing the exercises. They fixed it, so I figured I was cured. I stopped doing them, and, of course, injured my back again. I've been doing the exercises ever since, and have never had a problem. Now I buy these books whenever I can find them and give them to family, friends and co-workers in pain. This book is a life-saver!

After a few months of following the program I have to say that it has really made an improvement! It doesn't seem possible as all the stretches and exercises and stretches are relatively simple, but there's no denying that many of my symptoms have receded. Is it a "cure"? No, but if you stick with it, the aches and pains are kept at bay.

I had used this book successfully over 20 years ago. My problems are different today, but still in the back, and this book is the answer I was looking for and could not get from a doctor. I really don't believe the medical community likes this book as it would cut down on the amount of back surgeries performed!

This book has been around a long time and has helped many people. My husband bought a copy many years ago because his doctor recommended it. He had some back problems at the time and this book was a great help to him. I now have developed some back problems myself and since I could not find his old copy I bought a new one for myself.

This is a wonderful book. This is a wonderful book. I have purchased numerous copies of this book and passed them out to my friends who have suffered from back problems. Have been using book for years!

I am having back spasms. I am using this book to progressively move toward a "healthy back." I think that the way you get there is to take baby steps. This book helps. A cousin told me it really helped her.

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