



Fix Your Own Pain Without Drugs or Surgery

By Jolie Bookspan

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Fix Your Own Pain Without Drugs or Surgery By Jolie Bookspan

This book is for everyone who hurts and wants to stop hurting. Renowned research scientist and author Dr. Jolie Bookspan first explains how pain develops and continues. Then in an enjoyable and easy-to-read manner, Dr. Bookspan shows how to apply simple techniques to stop the causes of pain-and keep it from coming back. Addresses neck and upper back pain, lower back pain, shoulder pain, hip pain, knee pain, ankle and Achilles pain, general foot pain, leg and foot cramps, hamstring stretching, wrist pain, mystery pain, and more.

Drawings and photos illustrate concepts.

Every page, of 330 total, has specific things to do, things to avoid, things to check for, and/or a story of people who did and didn't fix pain and why.

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Editorial Review

From the Author

This book has been published with two different covers. It is the same edition.

About the Author

Jolie Bookspan, Ph.D. is an award-winning research scientist and former professor of anatomy and physiology. During her career she has been given the toughest assignments to find out why common training and rehabilitation techniques were not working, and what to do instead. The methods she developed are used by police, military, and top physicians and centers around the world.

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