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### A Guide to Self-Healing from Chronic Pain EFFORTLESS PAIN RELIEF INGRID BACCI, Ph.D.

# EFFORTLESS PAIN RELIEF: A GUIDE TO SELF-HEALING FROM CHRONIC PAIN (PAPERBACK)

SIMON SCHUSTER, United States, 2007. Paperback. Condition: New. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Contrary to popular belief, the most frequent causes of neuromuscular, joint, or skeletal pain can be traced to your lifestyle: unconscious habits that involve the way you breathe, stand, and move and the way you store physical and emotional stress in your tissues. Given this fact, if you suffer from chronic pain, or treat people suffering from chronic pain, you may need...

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- Authored by Ingrid Lorch Bacci
- Released at 2007



### Reviews

It becomes an awesome publication that I actually have actually read. It really is writter in simple terms and not difficult to understand. Once you begin to read the book, it is extremely difficult to leave it before concluding.

### -- Talia Cormier

Complete guide! Its this kind of very good read through. I really could comprehended almost everything out of this written e publication. Your lifestyle span is going to be transform the instant you complete looking over this book. -- Reilly Keebler IV

This sort of publication is almost everything and taught me to hunting forward and much more. Yes, it is actually play, continue to an amazing and interesting literature. I am pleased to tell you that this is basically the best book we have read through inside my individual life and could be he finest book for ever.

-- Enrique Ritchie Sr.