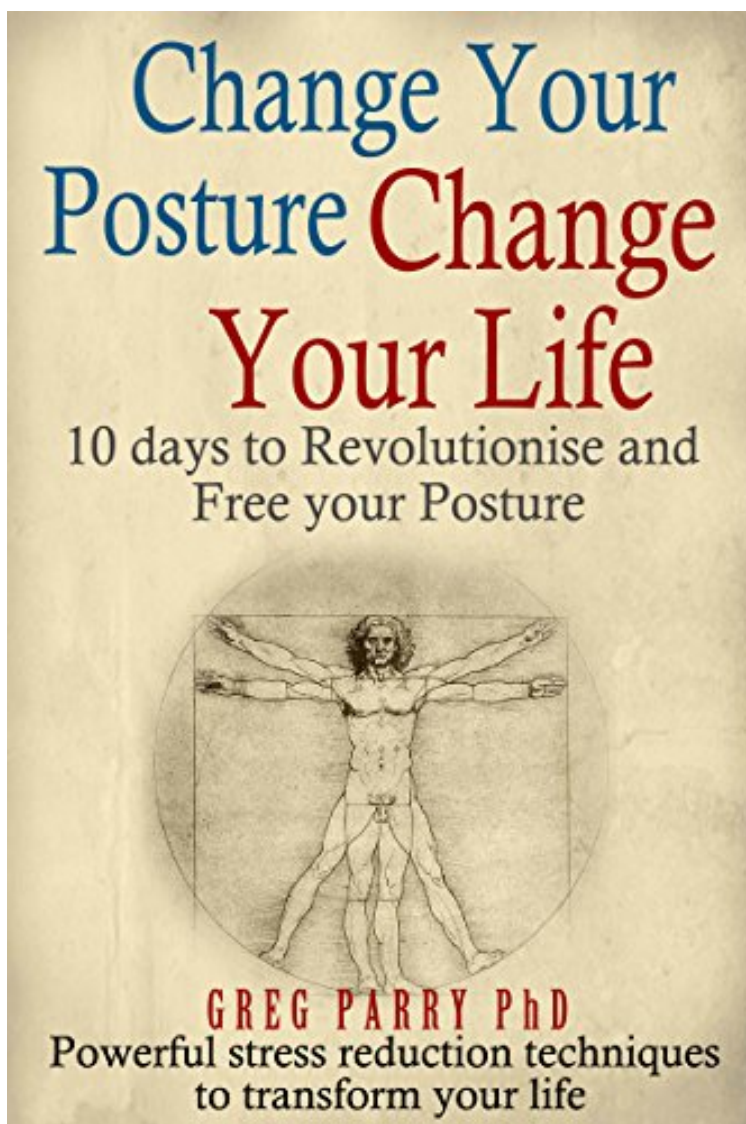


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Pain Management: Change Your Posture Change Your Life (Get Pain Free) Your Pain Release Book: (10 Days to Revolutionise and Free Your Posture)Your Cure for Chronic Neck/Back Pain (English Edition)



*Par Greg Parry PhD
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Relieving pain is one of the primary goals of changing your posture and The Change Your Posture, Change Your Life workbook is designed to help you do just that. Safely, naturally, organically, effectively. Are you stressed? Do you need relief from neck pain? Would you like to release pain from your back and shoulders?

A revolutionary method to release your pain, manage stress, reduce tension and negative behaviour in one simple manual. Used by thousands of people around the world, the techniques reflect the latest research in behavioural methods together with ancient insights into the most natural ways to release pain and stress, helping you to transform your posture and discover the most comfortable way to live in complete harmony with your body.Pain killers dull the pain but they cant do the job indefinitely. Now doctors and well-being

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