



# Quick Fixes for Everyday Back Pain: Tips, Tricks and Treatments to Help Stop the Pain

*Joan Suaers, Joan Sauers*

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Between 80 and 90 percent of us will experience back pain at least once in our lives—and despite advances in diagnostic techniques, treatment, and preventive regimens, this universal problem is not going away. Having suffered twenty years of chronic back pain until she found the right formula to maintain back health, co-author Joan Sauers writes from experience. *Quick Fixes for Everyday Back Pain* offers readers dozens of proven tips, tricks, and treatments that will help end their back pain and keep it from coming back. Packed with practical ideas and easy-to-understand illustrations and photos, this user-friendly guide helps readers choose the fixes that are right for them. Complete with down-to-earth explanations of the kinds and causes of pain, available drugs and treatments, and all the fun things we can do to keep the pain from coming back, *Quick Fixes for Everyday Back Pain* is an essential resource that readers will turn to again and again for strategies and advice.

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