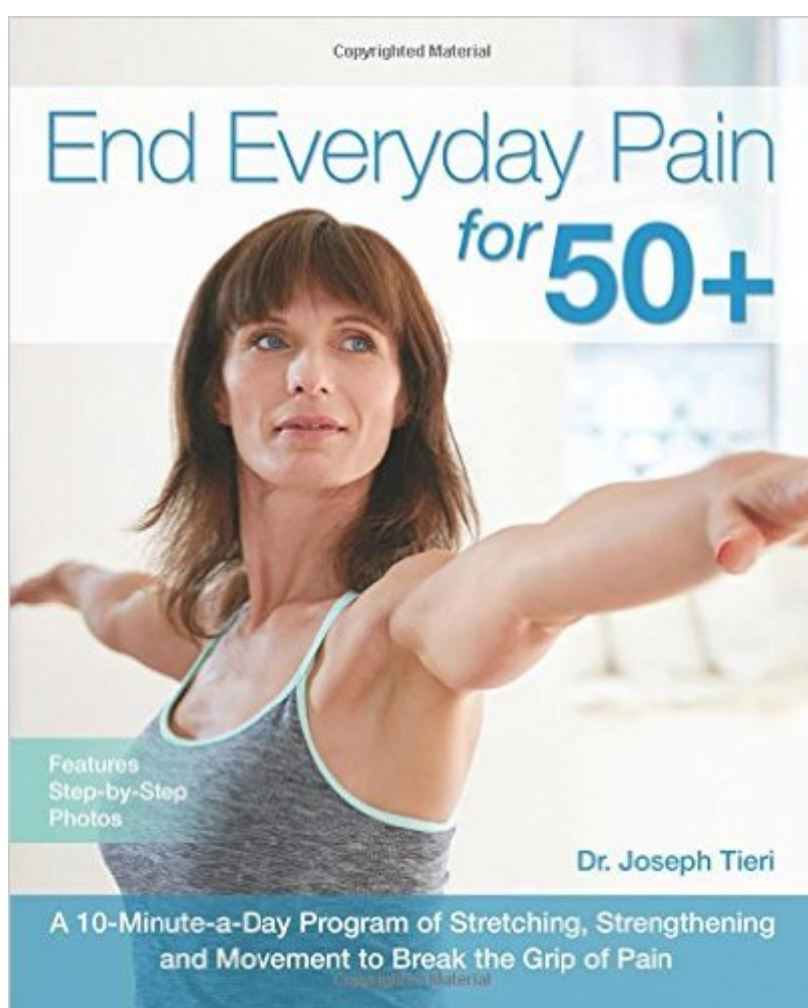


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# End Everyday Pain For 50+: A 10-Minute-a-Day Program Of Stretching, Strengthening And Movement To Break The Grip Of Pain



## Synopsis

END MUSCLE AND JOINT PAIN You've probably heard that as you get older, you are guaranteed to have more muscle and joint pain. That's simply not true. These chronic ailments arise from years of decreased activity and poor posture—not aging. End Everyday Pain for 50+ presents a complete 10-minute-a-day program to correct previous damage, develop healthier joints, and stay pain free at any age. This book's step-by-step approach provides quick relief and lasting solutions by fixing your body's alignment through simple stretching and movement. No matter what part of your body is hurting, End Everyday Pain for 50+ offers a treatment to heal it, including: Neck Stiffness; Shoulder Bursitis; Tendinitis; Hip Misalignment; Headaches; Lower Back Pain; Sciatica; Meniscal Tears

## Book Information

Paperback: 144 pages

Publisher: Ulysses Press (October 11, 2016)

Language: English

ISBN-10: 1612436048

ISBN-13: 978-1612436043

Product Dimensions: 7.5 x 0.5 x 9.2 inches

Shipping Weight: 10.6 ounces (View shipping rates and policies)

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