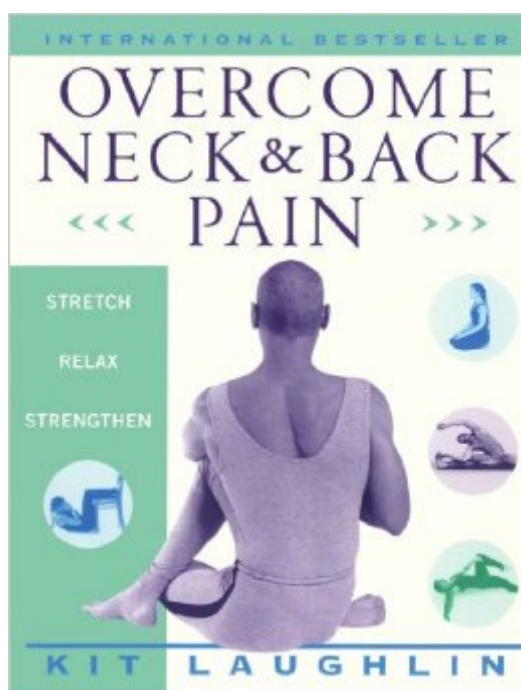


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# Overcome Neck And Back Pain



## Synopsis

If you suffer from back pain, as 85 percent of Americans do, you may think there is no way to bring about a complete end to your pain. Books, videos, and even doctors offer ways to manage the pain, but not to stop it. Finally there is a solution. *Overcome Neck & Back Pain*, the international bestseller, provides a means to end your back pain permanently through an easy-to-follow four-part program of structural analysis and correction, stretching, strengthening, and relaxing. Kit Laughlin spent years suffering from back pain, and, in search of relief, even traveled to Japan, where he found the solution. Using the principles of hatha yoga, he developed a combination of Eastern and Western medicine that provides a way to stop back pain and even protect oneself from future injury. Through clear, instructive photos and easy-to-follow instructions *Overcome Neck & Back Pain* shows the beginner how to use stretching, strengthening, and relaxation to end the pain. *Overcome Neck & Back Pain* also provides instruction in more advanced techniques, with an explanation of the principles behind the movements. The comprehensive text offers solutions for athletes and nonathletes, old and young alike. If you've given up hope of curing your back pain, *Overcome Neck & Back Pain* provides the sensible solution you need.

## Book Information

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## Customer Reviews

It can be very difficult to live with constant pain and tension in the back. I am 33 years old, physically fit and I love sports. That makes having back aches and stiffness all the more difficult to accept. I would try, weightlifting, massage, Yoga, and finally chiropractic. These all helped but I would still get

muscle stiffness and I could see that one hip was higher than the other (a sign in my case of muscle spasm). I really believe that you should be able to control your own body. Especially muscles. The thought that I had upper back muscles in spasm and I could not relax them infuriated me. Kit Laughlin's book helps you to step back from the pain, review hip posture and strengthen weak muscles. It takes you through a lot of well illustrated exercises designed to gently stretch lower back and neck muscles. The first time I tried his exercises I found a marked improvement. Yes, in the past, I had been given exercise sheets, many of them, but none of them came close to making me feel like I was getting control of the problem. I am now using Kit's strengthening exercises. I know that no matter how long I sit at a computer or abuse my back, I'll still have a set of exercises that will relax my back. If you are prepared to work on your back and exercise instead of accepting defeat, then this is the book for you. I don't know if it will work for you, but it was just what I was looking for. Good luck!

John Jackson

After experiencing back pain and stiffness for long periods, I sought the help of a chiropractor.

I had the pleasure of training with Kit Laughlin and other Posture and Flexibility instructors. Prior to learning Kit's approach I often experienced muscle tension in my neck, shoulders and back. Starting with the very first lesson, I learned specific stretches which eliminate tension in these muscle groups. In Kit's first book, 'Overcome Neck and Back Pain', he introduces a self-service approach to relieve neck and back pain through improvement of whole body suppleness. He demonstrates stretches targeting not only muscles in the neck, shoulder and back, but also muscles in the pelvic area and legs which influence back pain, as the reader will learn. Specific back strengthening exercises are included to help the reader build up the muscle strength needed to maintain good posture and prevent back pain. I have seen students of all ages and levels of flexibility benefit from using these techniques. Although a book can never replace hands-on instruction, this book will lead you on a path to overcome neck and back pain.

I am not a sufferer of neck or back pain, however, with my occupation I come across many people who are. I'm a Fitness Trainer, and have taught many stretches from this book to people, who have gained immediate relief from their neck or back discomfort. If you're looking for a self-help guide to eliminating your neck or back pain, this would be a great book to have. It explains how to find your own muscle imbalances and directs you to the most appropriate stretches for your problem area. The other great feature of the book is it offers so many variations to each stretch, so if you come across something you can't do, you will always find a version you can do. Many of the stretches can

be done sitting in a chair. There are also plenty of clear pictures and diagrams to help you along the way. You don't always have your massage therapist or physiotherapist at hand, but you can always keep this book close by. I believe for most people, if you follow the book carefully, you will develop a method to ease your pain whenever you need to, and keep your spine strong and healthy.

Very complete book with daily routines in the back. The description of exercises are extremely thorough. Much more complete than many other books out there. I have been through some rough times with my back and shoulders, and have searched widely for guidance to help me take care of myself - this one is a keeper. Doctors and Chiropractors are wonderful - but the ultimate responsibility is ours. My wife and I have referred to this book a few times a year for the last 4 - 5 years.

Pain management can now be changed to permanent pain relief and improved function through strengthening and stretching. It is the only book on the market I would recommend to my clients. Easy to read, follow and understand, the best of East and West has been melded in to the safest, most efficient form of exercises for necks and backs I have ever seen or used. Highly recommended if you want to take back the responsibility for how good your neck and back should feel.

This book by author Laughlin is so good that my physical therapist borrowed my copy, and now I need another copy here at my house. After a painful "rearender" car accident, and having pain lasting more than two years, I didn't think anything could help the chronic pain in my neck and back of my head. Happy surprise: these exercises are very good. Warning: If you've been in an accident or had pain for a long time, go slowly, very slowly, with these exercises and they will almost certainly help and be beneficial. They are no miracle cure, but they will help! This is a wonderful and sensible book.

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