

The Sensible Sourcebook!

# Smart Guide<sup>™</sup> to Healing Back Pain

Quick & Easy  
Strategies for  
Keeping Your  
Back Healthy  
and Pain-Free

Smart Advice on the leading causes of back problems and the best ways to relieve the pain.

Smart Ways to stretch, exercise, and strengthen the muscles in your back.

Smart Tips on how today's leading medical techniques and therapies can make your back feel good again.

**Carole Bodger**



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hormone guide every woman deserves. From periods to menopause, libido to mood swings, this book explains what's really going on and what you can do about it. Written in plain English with optional deeper science sections, it covers supplements, painkillers, emotional shifts, and future tech. No fluff, no jargon, just practical support. If you've ever been told your tests are normal but you know something's wrong, this guide is for you. *A Smart Patient's Guide to Surgery* Sammie L.

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*Diet Tricks* Carole Bodger, 2002 A witty and practical guide to losing weight or just looking like you did with 365 tips for a healthier, slimmer appearance every day of the year, the perfect impulse buy. The first and most important secret in Carole Bodger's *The Little Book of Dirty Diet Tricks* is that looking good while you're getting thin is just as important as losing the pounds, and in this down-to-earth, often hilarious guide, she shows you exactly how to achieve your weight loss goals and keep

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**American Book Publishing Record** ,2005 **101** 101 101 DJ **The Publishers Weekly** ,2004 **Smart Medicine for Healthier Living** Janet Zand,James B.

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In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Smart Guide To Healing Back Pain**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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