

THE HEALTHY BACK EXERCISE BOOK

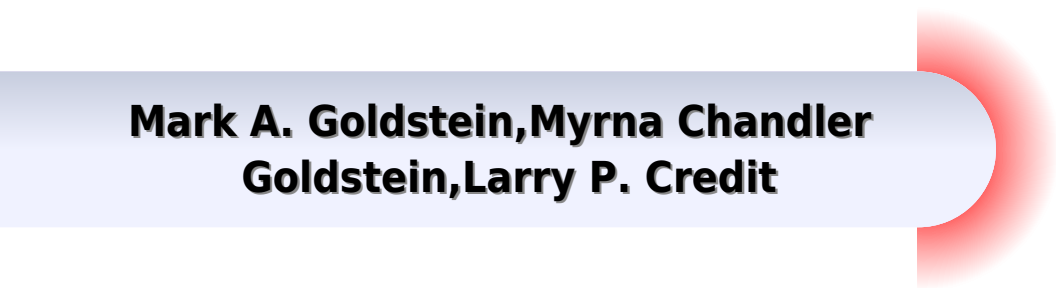
ACHIEVING & MAINTAINING A HEALTHY BACK

Deborah Fielding,
with Simon Fielding, *co-author*



The Healthy Back Exercise Achieving Maintaining A Healthy Back

**Mark A. Goldstein, Myrna Chandler
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