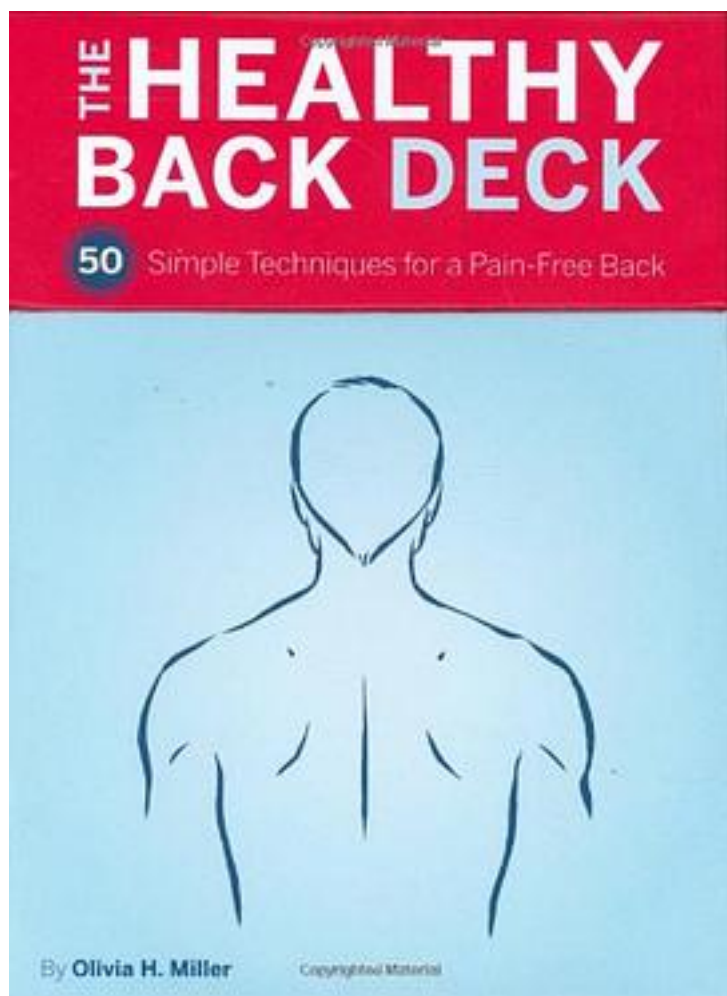


Healthy Back Deck



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Olivia H. Miller provides the ultimate resource for a lasting end to back pain with this deck of 50 stretches, movements, and meditations. Designed with an eye toward

restoration and repair (as well as maintenance) each illustrated card is packed with step-by-step guidance and informative tips on technique and basic back care.

作者介绍:

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