

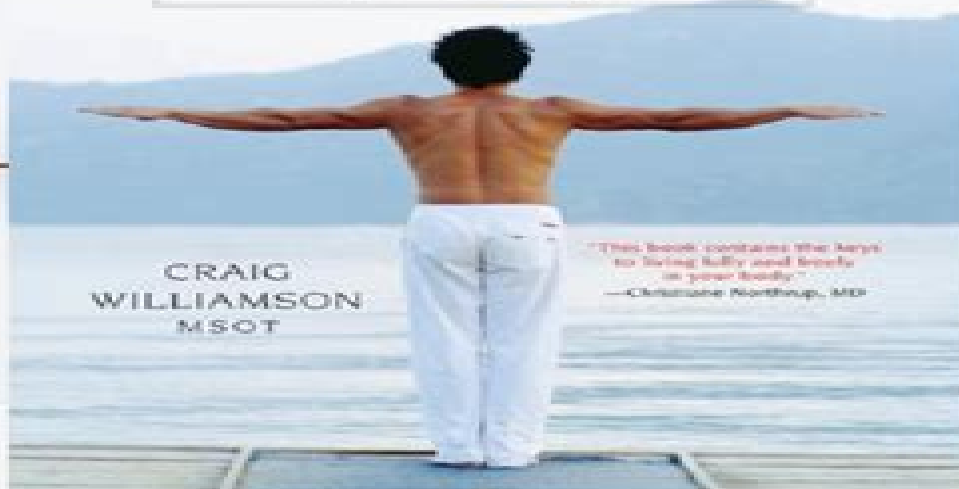
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## Muscular Retraining for Pain-Free Living

A practical approach  
to eliminating chronic back pain, tendonitis,  
neck and shoulder tension, and  
repetitive stress injuries

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"This book contains the keys  
to living fully and freely  
in your body."  
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# Muscular Retraining For Pain Free Living

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