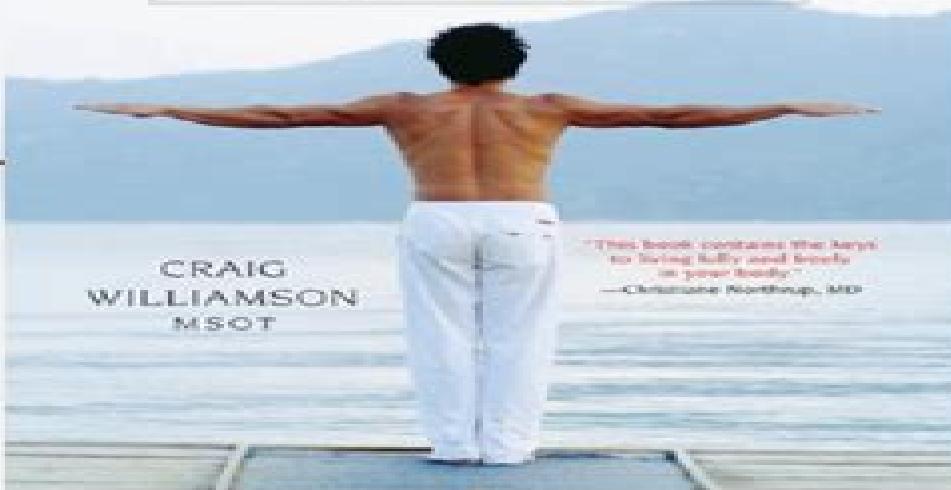


Muscular Retraining for Pain-Free Living

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



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