



7 Steps to a Pain-Free Life: How to Rapidly Relieve Back, Neck, and Shoulder Pain

Robin McKenzie, Craig Kubey

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A fully revised and updated edition of the program that's sold more than 5.5 million copies worldwide—plus a new chapter addressing shoulder pain

Since the McKenzie Method was first developed in the 1960s, millions of people have successfully used it to free themselves from chronic back and neck pain. Now, Robin McKenzie has updated his innovative program and added a new chapter on relieving shoulder pain. In *7 Steps to a Pain-Free Life*, you'll learn:

- Common causes of lower back, neck pain and shoulder pain
- The vital role discs play in back and neck health
- Easy exercises that alleviate pain immediately

Considered the treatment of choice by health care professionals throughout the world, *7 Steps to a Pain-Free Life* will help you find permanent relief from back, neck, and shoulder pain.

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