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Sun, 10 Jul 2016 23:58:00 GMT

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treat your own neck targets the general public. the objective of this book is clear: enabling anyone to learn techniques to rid themselves of mechanical neck pain.

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TREAT YOUR OWN BACK BY ROBIN MCKENZIE

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Sun, 07 May 2017 18:51:00 GMT

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Tue, 04 Apr 2017 10:12:00 GMT

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Thu, 27 Apr 2017 05:13:00 GMT

the mckenzie treat your own back book is an ideal self help book for anyone suffering from lower back pain - physiotherapist recommended.

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Tue, 01 Nov 2016 23:59:00 GMT

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TREAT YOUR OWN NECK BOOK | RELAX THE BACK

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