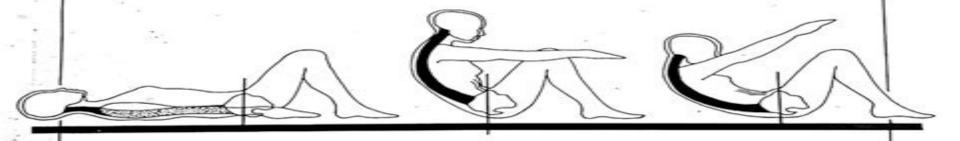
Goodbye Backache

An easy, practical way to a pain-free and healthy back

Dr David Imriewith Colleen Dimson



Goodbye Backache By Imrie David

David Imrie, Lu Barbuto

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Fitness and Health Alton L. Thygerson,1989 Coping with Anxiety and Depression Shirley Trickett,1989 This is an updated self help guide for anyone who suffers from depression and anxiety It explains how and why these conditions occur suggesting positive ways of coping successfully It includes case histories and describes the different drug and non drug treatments available A list of additional books and tapes is also included Canadian Standardized Test of Fitness (CSTF) Canadian Association of Sports Sciences. Fitness Appraisal Certification and Accreditation Program, Canadian Society for Exercise Physiology, Fitness Canada, 1987

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