

Taking Care of my Back

Postures, exercises to protect your back and relieve back pains.

Author: Martine Bosc

All the natural technics to relieve back pains.

Poor postures, lack of physical activities, stress... are the main origins of back pains. Many people are concerned. And medicines are far from being the only solution! This book focuses in a first time on the origins of the pain, and then gives all the advises to prevent back pain and fight it: positions to favour in your everyday life, relaxation, choosing good shoes for you, sport, food.

Content:

I – Understanding (know your back, master the pain, pathologies).

II – Preventing (postures in your everyday life, practise of a sport, handling stress, choosing correct shoes, food).



The Author:

Martine Bosc (Brittany) has a diploma in kinesitherapy and in osteopathy. She also had a formation in traditional acupuncture, Taï Chi Chuan and Qi Gong. She has an independent practice for more than 30 years, and hosts for 15 years psycho-physical and energetics classes and workshops

She is the author of the titles **Chinese Medicines** and **Qi Gong** with Marie Claire Books.

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