



Backache, Stress, and Tension: Understanding Why You Have Back Pain and Simple Exercises to Prevent and Treat It

Hans Kraus

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Afflicting more than sixty-five million Americans, back pain, stiff neck, and tension headaches are increasingly common ailments that usually affect those who experience too much stress or too little exercise. Featuring new full-color photos this classic text on back pain returns! Dr. Kraus, a world renowned specialist and private doctor to President John F. Kennedy, explains the causes of back pain and what you can do to prevent and alleviate it. Featuring a new foreword by Robert H. Boyle, *Backache, Stress, and Tension* is the essential handbook for everyone in today's overworked, overstressed world.



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