



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

Robin McKenzie, Craig Kubey

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The phenomenon known as the McKenzie Method has helped millions of people with chronic back and neck pain. In *7 Steps to a Pain-Free Life*, its founder, world-renowned physical therapist Robin McKenzie, shares the innovative program that can save you from a life of pain. *7 Steps to a Pain-Free Life* combines and enhances McKenzie's back and neck books that have sold more than 5.5 million copies worldwide. The 7 essential steps that make up the McKenzie Method have become the keystone for back and neck care in 35 countries, including the United States. In this easy-to-follow, fully illustrated book, you'll read about: * Common causes of lower-back and neck pain * The vital role discs play in back and neck health * Easy exercises that alleviate pain immediately * How to stay out of pain Complete with more than 150 photos and illustrations, and considered the treatment of choice by health care professionals throughout the world, *7 Steps to a Pain-Free Life* will help you get out of pain-and stay out of pain. It is an invaluable tool for better health.

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