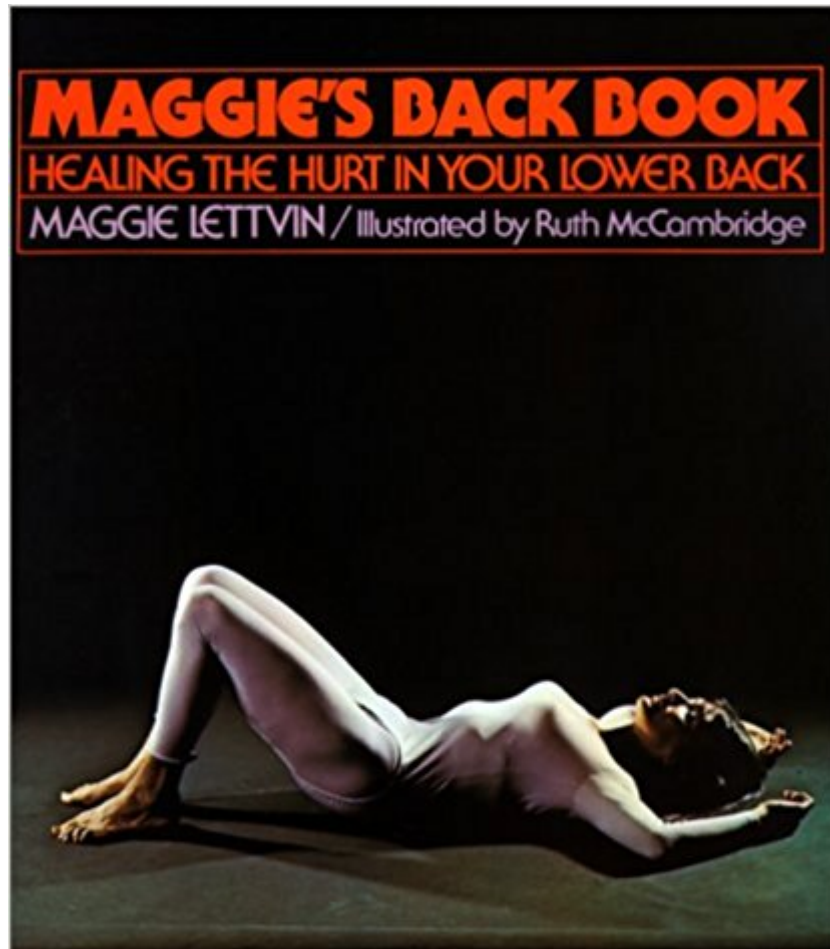




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# Maggie's Back Book: Healing The Hurt In Your Lower Back



## Synopsis

For back pain sufferers who haven't found real relief elsewhere, Maggie's Back Book offers a way to live without pain. It includes special exercises and tips on performing everyday movements.

## Book Information

Paperback: 160 pages

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Average Customer Review: 4.6 out of 5 stars 20 customer reviews

Best Sellers Rank: #614,181 in Books (See Top 100 in Books) #74 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Backache](#) #601 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management](#) #957 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation](#)

## Customer Reviews

"Maggie has designed a program that can be easily followed." -- Ralph H. Bender, M.D.

This should not be out of print. Maggie Letvin was always so thoughtful and really understood what it was like to be in pain and the frustrations of limited movement -- on her TV show and in her exercise books. I'm very glad to be able to get a copy of this book and have it in my own hands. It really ought to be reprinted for its common-sense suggestions for LIVING with an injury until you can repair it. Maggie acknowledges that although we can go to physical therapy and help heal an injury, sometimes we still have to cope with the results of having been injured. Thanks Maggie, if you are still out there! Your gentle advice and common sense helped. :)

I already had her other book. I have tried her advice on how to sleep at night with success. Love her stretching exercises -- works as well or better than pain meds and a lot faster as well!!! Bought a 2d copy for a friend of mine as well.

I was facing a future of constant back pain when a friend of mine recommended I find, read and put

into practice the principles of Maggie Lettvin. Maggie's book takes you step by step through defining the cause of your back pain and some gentle easy exercises to greatly reduce or even eliminate it. Then she adds several methods of strengthening your core muscles, improving your posture and ways of lifting and bending to prevent the pain from coming back. Simple line drawings by Ruth McCambridge illustrate the right and the wrong ways of doing things with a touch of whimsy. Taking Maggie's advice seriously and practicing the exercises as part of your everyday life will help you learn how to work with your body to heal itself and stay healthy. Her motto should be "If it hurts you're not doing it right!" or "No pain is the gain!". I have been helped by this book, highly recommend it and have already passed a copy on to some friends.

In 1970 (yes, I'm somewhat of an old fart) I suffered from an acute case of lower back pain. Luckily, Maggie's Back Book was then widely available. It didn't hurt that at that time Maggie also had her PBS show "Maggie and the Beautiful Machine", and thus was well known (certainly, here in Cambridge). I read it while in bed, on my back, and in pain. I decided to resist the doctor's recommendation for a spinal fusion operation. The injury healed over time, with the help of Maggie's good advice. Nowadays, I have learned to feel and control my lower back's posture (as well as the rest of my spine). I've added basic Pilates to Maggie's recommended exercises. I'm extremely healthy, with strong and supple posture. I count my blessings when I shudderingly consider where I'd be today had I given in to the orthopedic surgeon's recommendation.

Maggie's back book is great ! I knew her back in the 70's!

Maggie's Back Book is a staple in my life. As soon as I buy a copy, someone else takes it from me. It has been around a long time, but the truth in the book, and the suggestions are VERY relevant to back issues and problems. The best book I found for backs.

good book for my back problems arrived quickly

My Orthopedic doctor actually recommended this book to me because I suffer with lower back disc problems as well as arthritis and have severe lower back pain. The book has great exercises to help relieve the pain in your lower back.

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Maggie's Back Book: Healing the Hurt in Your Lower Back Back Stretching: Back Strengthening

And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) FrameWork for the Lower Back: A 6-Step Plan for a Healthy Lower Back (FrameWork Active for Life) Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) The Everything DASH Diet Cookbook: Lower your blood pressure and lose weight - with 300 quick and easy recipes! Lower your blood pressure without ... Boost your energy, and Stay healthy for life! Crystal Healing: Simple Guide To Understanding The Benefits Of Crystals (Healing Stones, Energy Healing, Crystal Healing Book 2) Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1) Crystal Healing: The Ultimate Reference Guide To Understanding The Benefits of Crystals (Healing Stones, Energy Healing, Crystal Healing, Chakras Book 1) The Everything DASH Diet Cookbook: Lower your blood pressure and lose weight - with 300 quick and easy recipes! Lower your blood pressure without drugs, ... and Stay healthy for life! (Everything's Guide to Lower Your Taxes - BIG TIME! 2017-2018 Edition: Wealth Building, Tax Reduction Secrets from an IRS Insider (Lower Your Taxes Big Time) Crystal Healing: The Ultimate Reference Guide To Understanding The Benefits of Crystals (Healing Stones, Energy Healing, Crystal Healing, Chakras) Crystals: The Ultimate Guide To: Energy Fields, Auras, Chakras and Emotional Healing (Aura, Healing Stones, Crystal Energy, Crystal Healing, Energy Fields, Emotional Healing, Gemstone) Blood Pressure Solution: 30 Proven Natural Superfoods To Control & Lower Your High Blood Pressure (Blood Pressure Diet, Hypertension, Superfoods To Naturally Lower Blood Pressure Book 1) Why We Hurt: A Complete Physical & Spiritual Guide to Healing Your Chronic Pain Let Us Help You Lower Your Cholesterol, With These Awesome Specific Recipes: Explore This Great Cookbook to Help Lower Cholesterol 30 Days to Acing the Lower Level ISEE: Strategies and Practice for Maximizing Your Lower Level ISEE Score Healing Words: 55 Powerful Daily Confessions & Declarations to Activate Your Healing & Walk in Divine Health: Strong Decrees That Invoke Healing for You & Your Loved Ones Crystal Healing: Charge Up Your Mind, Body And Soul - Beginner's Journey (Crystal Healing For Beginners, Chakras, Meditating With Crystals, Healing Stones, Crystal Magic, Power of Crystals Book 1) Diabetes Diet Cookbook: Delicious Low Carb Recipes For Diabetics (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes Cookbook, Diabetes ... Type 2 Diabetes, Lower Blood Sugar)

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