



# Yoga for Back Pain

*Loren Fishman, Carol Ardman*

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**Yoga for Back Pain** Loren Fishman, Carol Ardman

“To many of his patients [Dr. Fishman] is a miracle worker.” —Jane E. Brody, *New York Times*

“Stunningly innovative. . . . This is the first book in which the different causes of back pain are identified and assigned appropriate yoga poses. Individuals of any age, even those unfamiliar with yoga, will be able to follow Dr. Fishman’s simple instructions.”—Joan White, Iyengar Yoga National Association of the United States

Let internationally renowned rehabilitation specialist Loren Fishman, MD, be your personal instructor for a healthier back! With down-to-earth techniques and instruction for all levels, *Cure Back Pain with Yoga* helps you:

- distinguish between the nine major causes of backache;
- target your source of pain through diagnosis-specific yoga poses;
- manage, reduce, and ultimately end your pain.

Depending on the severity and chronicity of your pain, the postures in this guide, described in detail and illustrated by photographs, will help you determine how to start your own yoga practice or alter your existing practice in order to achieve lasting comfort and strength.

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