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Mary Wheeler. Paperback. Condition: New. 70 pages. Dimensions: 8.0in. x 5.0in. x 0.2in. You can manage your pain by Taking Inventory, Evaluating and Making Changes in how you use your body. I have helped thousands of people find new ways of doing their daily tasks, which reduced their bodys aches and pains. By using my system you to can manage your pain through Awareness Relief and Prevention I call this befriending your pain. Your pain is an internal warning system in...

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