

The Back

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8 Steps to a Pain-Free Back - Esther Gokhale 2013-03-01

With a fresh approach to a common problem, this self-help guide to overcoming back pain advocates adopting the natural, healthy posture of athletes, young children, and people from traditional societies the world over. Arguing that most of what our culture has taught us about posture is misguided—even unhealthy—and exploring the current epidemic of back pain, many of the commonly cited reasons for the degeneration of spinal discs and the stress on muscles that leads to back pain are examined and debunked. The historical and anthropological roots of poor posture in Western cultures are studied as is the absence of back pain complaints in the cultures of Africa, Asia, South America, and rural Europe. Eight detailed chapters provide illustrated step-by-step instructions for making simple, powerful changes to seated, standing, and sleeping positions. No special equipment or exercise is required, and effects are often immediate.

The Back Pain Book - Mike Hage 2004

In 'The Back Pain Book', physical therapist Mike Hage shows readers how to take control of back problems through self-treatment. Instead of addressing specific medical diagnoses, medications, surgery, or nutritional adjustments, Hage gives advice on how to use posture and movement to ease, relieve, and prevent your pain.

Aerospace Engineering on the Back of an Envelope - Irwin E. Alber 2012-03-05

Engineers need to acquire "Back-of-the-Envelope" survival skills to obtain rough quantitative answers to real-world problems, particularly when working on projects with enormous complexity and very limited resources. In the case studies treated in this book, we show step-by-step examples of the physical arguments and the resulting calculations obtained using the quick-fire method. We also demonstrate the estimation improvements that can be obtained through the use of more detailed physics-based Back-of-the-Envelope engineering models. These different methods are used to obtain the solutions to a number of design and performance estimation problems arising from two of the most complex real-world engineering projects: the Space Shuttle and the Hubble Space Telescope satellite.

Get Back in the Book] - Larry ISSA 2019-01-31

The Younger Next Year Back Book - Chris Crowley 2018-08-07

A revolutionary behavioral/whole-body approach to back pain and fitness, from the coauthor of the perennially bestselling Younger Next Year series and back expert Dr. Jeremy James. The Younger Next Year Back Book method, which identifies behaviors that trigger pain and teaches new movements to heal the pain, is proven to reduce pain dramatically so that back pain sufferers can get on with their lives.

Stabbed in the Back - Hadler 2010-07-13

Nortin Hadler knows backaches. For more than three decades as a physician and medical researcher, he has studied the experience of low back pain in people who are otherwise healthy. Hadler terms the low back pain that everyone suffers at one time or another "regional back pain." In this book, he addresses the history and treatment of the ailment with the healthy skepticism that has become his trademark, taking the "Hadlerian" approach to backaches and the backache treatment industry in order to separate the helpful from the hype. Basing his critique on an analysis of the most current medical literature as well as his clinical experience, Hadler argues that regional back pain is overly medicalized by doctors, surgeons, and alternative therapists who purvey various treatment regimens. Furthermore, he observes, the design of workers' compensation, disability insurance, and other "health" schemes actually thwarts getting well. For the past half century, says Hadler, back pain and back pain-related disability have exacted a huge toll, in terms of pain, suffering, and financial cost. *Stabbed in the Back* addresses this issue at multiple levels: as a human predicament, a profound social problem, a medical question, and a vexing public-policy challenge.

Ultimately, Hadler's insights illustrate how the state of the science can and should inform the art and practice of medicine as well as public policy. *Stabbed in the Back* will arm any reader with the insights necessary to make informed decisions when confronting the next episode of low back pain.

The Back Pain Chronicles - Paul Parsons 2005-01-01

The Back Pain Chronicles is a back pain sufferer's guide to pain-free living. Included in the book is a common sense explanation for why it is so many people are plagued with back pain as well as a number of steps that people can take to chase pain out of their lives.

The Back Room - Carmen Martín Gaité 2000-04-01

In the middle of the night, a woman awakens to find a stranger in her bedroom. Though she cannot determine who he is—or, indeed, whether he is even real at all and not just an extension of her dreams or her writing—she is drawn into a conversation...

The Back Country - Gary Snyder 1971-01-17

"A reaffirmation of a back country of the spirit."—Kirkus Reviews "A reaffirmation of a back country of the spirit."—Kirkus Reviews This collection is made up of four sections: "Far West"—poems of the Western mountain country where, as a young man, Gary Snyder worked as a logger and forest ranger; "Far East"—poems written between 1956 and 1964 in Japan where he studied Zen at the monastery in Kyoto; "Kali"—poems inspired by a visit to India and his reading of Indian religious texts, particularly those of Shivaism and Tibetan Buddhism; and "Back"—poems done on his return to this country in 1964 which look again at our West with the eyes of India and Japan. The book concludes with a group of translations of the Japanese poet Miyazawa Kenji (1896-1933), with whose work Snyder feels a close affinity. The title, *The Back Country*, has three major associations; wilderness. the "backward" countries, and the "back country" of the mind with its levels of being in the unconscious.

Get Back Active. - Occupational Health Services 2009-04-01

Contains practical advice on how to deal with back problems and stay active. This book offers information that is based on research and has been shown to be effective in clinical trials. It is suitable for those suffering back pain, and doctors or therapists can use it to help patients cope with early management of symptoms.

The Girl in the Back - Laura Davis-Chanin 2018-05-01

THE GIRL IN THE BACK: A FEMALE DRUMMER'S LIFE WITH BOWIE BLONDIE AND THE '70S ROCK SC

Pilates Back Book - Lynne Robinson 2018-02-08

A self-help manual focusing on back pain prevention and rehabilitation using the unique Pilates body conditioning system 3 in 5 of us will suffer from backache in our lives. In order to mitigate against the worst-case scenario, use Pilates to strengthen your back and also the supporting muscles so that it doesn't take all the strain. Pilates has a strong reputation in tackling back problems and many doctors, osteopaths and physiotherapists are already endorsing its unique quality to exercise deeply but gently and to rebalance the posture (many are opening Pilates centres in their surgeries). *The Back Book* is a one-stop reference guide, explaining how the back works, why backache occurs, the different types of back pain, when to seek professional help, lifestyle tips for prevention and exercises to promote flexibility and hold the correct posture. For those already suffering, a special remedial programme of exercises is designed to restore mobility. With brand new exercises and the expertise of Paul Massey, Chief Physiotherapist to Britain's Olympic Swimming team, leading Pilates practitioner Lynne Robinson can help you bypass or overcome this most common of agonies.

Back Rub Book - Anne Kent Rush 1989-07-17

Teaches the fine art of giving and receiving great back rubs that offers a respite from life's stresses and responsibilities. Hundreds of tailored backrubs to fit the mood and situation. Funky illustrations.

To the Back of Beyond - Peter Stamm 2017-10-03

Man Booker Prize nominee Peter Stamm explores in his sixth novel what it means to be in the middle of nowhere, in mind and in body. Happily married with two children and a comfortable home in a Swiss town, Thomas and Astrid enjoy a glass of wine in their garden on a night like any other. Called back to the house by their son's cries, Astrid goes inside, expecting her husband to join her in a bit. But Thomas gets up and, after a brief moment of hesitation, opens the gate and walks out. No longer bound by the ties of his everyday life--family, friends, work--Thomas begins a winding trek across the countryside, exposed as never before to the Alpine winter. At home, Astrid wonders where he's gone, when he'll come back, whether he's still alive. Following Thomas and Astrid on their separate paths, *To the Back of Beyond* becomes ultimately a meditation on the limits of freedom and on the craving to be wanted.

The Back Road To Success - Robert L. Weaver 2016-02-21

Star Wainwright lives in a small town in rural America. There are no tall buildings or crowded streets and very little to do other than hang out with friends. Occasionally, some savvy business owner puts an arcade game room in the city part of town which instantly becomes the local attraction for many kids. But not Star. The kid with the unusual name has little ambition other than to stay home and let his mother take care of him. His interests are playing basketball and football...at home. But something happens to this mama's boy that turns his world around. High school. Yes, even a kid with little desire to do anything except stay home has to attend high school! *The Back Road to Success* is the coming-of-age story of a young man who finds his way in the world by trial and error. Star's journey toward manhood is both humorous and painfully familiar, and his story represents the universal struggle of growing up, even when you don't want to!

Low Back Disorders - Stuart McGill 2007

This second edition of 'Low Back Disorders' provides research information on low back problems and shows readers how to interpret the data for clinical applications.

Dr. Doctor's Little Back Book - Uday Doctor 2018-05-19

Back pain? Neck pain? Shoulder pain? Hip pain? Buttock pain? Groin pain? Rib pain? Arm or leg pain? Tailbone pain? All these types of pain are commonly due to a specific problem in the spine. *Dr. Doctor's Little Back Book: All the Secrets You Need to Know about Causes and Solutions for Neck, Mid-Back, and Lower Back Pain* provides readers with easy-to-follow instructions to determine the specific problem creating their discomfort and simple explanations to offer the relief they seek. Written to educate and guide everyone with spine pain or other areas of musculoskeletal pain that actually originates from the spine. A lot of discomfort that people experience in different areas of the body are due to problems in their spine, including the shoulder, hip, buttock, groin, rib and mid-back, arm and leg and even the tailbone. *Dr. Doctor* empowers patients and health care providers alike in not only providing a clear-cut pathway in achieving a diagnosis, but provides alternatives in reaching an endpoint. Drawing on more than twenty years of experience as a leader in the field, noted spinal diagnostics specialist, *Dr. Uday Doctor*, has found that the key to managing spine pain lies in simply locating the specific structure in the spine. Too often, patients are treated without ever receiving a diagnosis. *Dr. Doctor's Little Back Book* offers back pain patients, health care providers, physical therapists and trainers an easy-to-use manual in diagnosing and treating specific structure based spine pain. The book also introduces the Straight Spine Safe Spine Program, which gives you a physical therapy and exercise program for each specific problem in the spine. The program also shows you how to prevent reinjuring the spine by teaching proper body posture and mechanics, as well as giving you an exercise program designed to keep you from aggravating the specific problem that was creating your pain. Finally, he answers the most common questions he has been asked by his patients

Six Sermons. The Back-parts of Iehouah in foure sermons ... And the Spirituall Tillage, or, a briefe of two sermons preached upon two places of Scripture, in which is laid forth, the different, both husbandrie and harvest of the righteous and the wicked - Samuel HIERON 1608

The Wharton's Back Book - Jim Wharton 2003-08-23

Describes a method of reducing pain and back injury that has been used by celebrities, Olympic medalists, and other sport figures.

Tales from the Back Row - Amy Odell 2015-09

"Hilarious, insightful and smart. A must-read for anyone who wears clothes." —Chelsea Handler *US Weekly, "Riveting Reads for Labor Day"* *Bustle, "2015 Books Every Funny Woman Should Read" and

"September 2015's Best Books"* *Refinery29 "Fall's Most Highly Anticipated Nonfiction Reads"* *theSkimm, "Skimm Reads"* *Popsugar, "Motivational Books You Should Read this Fall"* *AM NY, "New Books for New Yorkers to Read This Fall"* The Lowdown on High Fashion
Cosmopolitan.com editor Amy Odell knows what it's really like to be a young woman working in the fashion industry. In *Tales from the Back Row*, Amy—funny and fearless—takes readers behind the stage of New York's hottest fashion shows to meet the world's most influential models, designers, celebrities, editors, and photographers. But first, she has to push her way through the crowds outside, where we see the lengths people go to be noticed by the lurking paparazzi, and weave her way through the packed venue, from the very back row to the front. And as Amy climbs the ladder (with tips about how you can, too), she introduces an industry powered by larger-than-life characters: she meets the intimidating Anna Wintour and the surprisingly gracious Rachel Zoe, not to mention the hilarious Chelsea Handler, and more. As she describes the allure of Alexander Wang's ripped tights and Marchesa's Oscar-worthy dresses, Amy artfully layers in something else: ultimately this book is about how the fashion industry is an exaggerated mirror of human fallibility—reflecting our desperate desire to belong, to make a mark, to be included. For Amy is the first to admit that as much as she is embarrassed by the thrill she gets when she receives an invitation to an exclusive after-party, she can't help but RSVP "yes."

The Back Roads to March - John Feinstein 2020-03-03

Thirty years ago after changing the sports book landscape with his mega-hit, *A Season on the Brink*, #1 New York Times bestselling author John Feinstein returns to his first love--college basketball--with a fascinating and compelling journey through a landscape of unsung, unpublicized and often unknown heroes of Division-1 college hoops. John Feinstein has already taken readers into the inner circles of top college basketball programs in *The Legends Club*. This time, Feinstein pulls back the curtain on college basketball's lesser-known Cinderella stories--the smaller programs who no one expects to win, who have no chance of attracting the most coveted high school recruits, who rarely send their players on to the NBA. Feinstein follows a handful of players, coaches, and schools who dream, not of winning the NCAA tournament, but of making it past their first or second round games. Every once in a while, one of these coaches or players is plucked from obscurity to continue on to lead a major team or to play professionally, cementing their status in these fiercely passionate fan bases as a legend. These are the gifted players who aren't handled with kid gloves--they're hardworking, gritty teammates who practice and party with everyone else. With his trademark humor and invaluable connections, John Feinstein reveals the big time programs you've never heard of, the bracket busters you didn't expect to cheer for, and the coaches who inspire them to take their teams to the next level.

Off the Back of a Truck - Nick Braccia 2020-12-01

Unleash your inner Soprano and relive all your favorite moments with this companion guide to the award-winning television series *The Sopranos*. We all know and love *The Sopranos*, one of the most important television dramas to ever hit the small screen, having run for six seasons on HBO. The story of the Italian-American mobster Tony Soprano balancing his family life with his role as the leader of a criminal organization pioneered decades of genre-bending "peak TV." Now, *Off the Back of a Truck* takes you one step further into the world of Tony Soprano and his families, offering an Italian potluck of fresh and fun takes that any true fan can get lost in for hours. *Off the Back of a Truck* includes: -New looks at everyone's favorite episodes, scenes, and characters -All 92 deaths analyzed, evaluated, and ranked -An investigation of true crimes behind the families' schemes -An exploration of movies and shows that inspired *The Sopranos* -Reflections on the use of music, food, and fashion from writers who are also huge fans -A provocative conversation about what happens in the controversial ending
This book takes you on a journey through the six seasons you have watched time and time again—but it's organized so you can dip in at any time, at any place. Roam around as though you're in Tony's backyard for a BBQ...

Back of the Bus - Aaron Reynolds 2013-12-26

It's December 1, 1955. A boy and his mother are riding the bus in Montgomery, Alabama like any other day—way in the back of the bus. The boy passes time by watching his marble roll up and down the aisle with the motion of the bus... Until a big commotion breaks out from way up front. With simple words and powerful illustrations, Aaron Reynolds and Coretta Scott King medalist Floyd Cooper recount the pivotal arrest of Rosa Parks at the dawn of the Civil Rights Movement.

Maggie's Back Book - Maggie Lettvin 1976

A teacher and public-television personality outlines a program of exercises and other strategies for alleviating and eliminating forms of lower-back pain

The Back Book - Ziya L. Gokaslan 2008-12-22

They also; lay out reasonable expectations for surgical and nonsurgical treatment; illuminate the possibilities, risks, and limitations of back surgery; describe how to select a surgeon and the importance of choosing the right one. Informative and reassuring, *The Back Book* provides readers with the knowledge they need to understand their back pain

The Back of the Napkin (Expanded Edition) - Dan Roam 2013-02-26

An expanded guide to enhancing analytical skills by building up one's intrinsic abilities is a primer for business leaders on how to develop ideas and enable faster results using to-the-point visual methods. Original.

Bodies in the Back Garden - Nigel Cawthorne 2014

There is one problem which every killer must face: how to get rid of the body. Murderer Dennis Nilsen famously cooked the corpses of his victims and flushed them down the toilet, only to be caught when the sewers blocked up. But his first 12 victims were disposed of in the back garden of his previous home. Fred and Rosemary West buried the bodies of three of their victims in the back garden. Milwaukee cannibal Jeffrey Dahmer began his murderous career scattering human remains in the backyard of his parents' home in Bath, Ohio. Convicted killer Peter Tobin went back on trial after two more bodies were found in the back garden of his former home. And grisly granny Dorothea Puente murdered lodgers at her boarding house in Sacramento, California, dispatching them to the backyard while continuing to cash their Social Security checks. This book explores these and many other cases that suggest that, whatever the motive for murder, the back garden is a convenient place to dump the corpse.

The Boy Is Back - Meg Cabot 2016-10-18

In this brand-new novel from #1 New York Times bestselling author Meg Cabot, a scandal brings a young man back home to the small town, crazy family, and first love he left behind. Reed Stewart thought he'd left all his small town troubles—including a broken heart—behind when he ditched tiny Bloomville, Indiana, ten years ago to become rich and famous on the professional golf circuit. Then one tiny post on the Internet causes all of those troubles to return . . . with a vengeance. Becky Flowers has worked hard to build her successful senior relocation business, but she's worked even harder to forget Reed Stewart ever existed. She has absolutely no intention of seeing him when he returns—until his family hires her to save his parents. Now Reed and Becky can't avoid one another—or the memories of that one fateful night. And soon everything they thought they knew about themselves (and each other) has been turned upside down, and they—and the entire town of Bloomville—might never be the same, all because *The Boy Is Back*.

Rick Steves Europe Through the Back Door - Rick Steves 2017-09-12

You can count on Rick Steves to tell you what you really need to know when traveling through Europe. With *Rick Steves Europe Through the Back Door*, you'll learn how to: Plan your itinerary and maximize your time Pack light and right Find good-value hotels and restaurants Travel smoothly by train, bus, car, and plane Avoid crowds and tourist scams Hurdle the language barrier Understand cultural differences and connect with locals Save money while enjoying the trip of a lifetime After 30+ years of exploring Europe, Rick considers this travel skills handbook his life's work, and with his expert introductions to the top destinations in Europe, choosing your next trip will be easy and stress-free. Using the travel skills in this book, you'll experience the culture like a local, spend less money, and have more fun.

The Back Channel - William J. Burns 2019

From America's "secret diplomatic weapon" (The Atlantic)—a man who served five presidents and ten secretaries of state—comes an impassioned argument for the enduring value of diplomacy in an increasingly volatile world. Over the course of more than three decades as an American diplomat, William J. Burns played a central role in the most consequential diplomatic episodes of his time—from the bloodless end of the Cold War to the collapse of post-Cold War relations with Putin's Russia, from post-9/11 tumult in the Middle East to the secret nuclear talks with Iran. Burns is widely regarded as one of the most distinguished and admired American statesmen of the last half century. Upon his retirement in 2014, Secretary John Kerry said Burns belonged on "a very short list of American diplomatic legends," alongside George Kennan. In *The Back Channel*, Burns recounts, with novelistic detail and incisive analysis, some of the seminal moments of his career. Drawing on

a trove of newly declassified cables and memos, he gives readers a rare inside look at American diplomacy in action. His dispatches from war-torn Chechnya and Qaddafi's bizarre camp in the Libyan desert and his warnings of the "Perfect Storm" that would be unleashed by the Iraq War will reshape our understanding of history—and inform the policy debates of the future. Burns sketches the contours of effective American leadership in a world that resembles neither the zero-sum Cold War contest of his early years as a diplomat nor the "unipolar moment" of American primacy that followed. Ultimately, *The Back Channel* is an eloquent, deeply informed, and timely story of a life spent in service of American interests abroad. It is also a powerful reminder, in a time of great turmoil, of the enduring importance of diplomacy. Advance praise for *The Back Channel* "Bill Burns is simply one of the finest U.S. diplomats of the last half century. *The Back Channel* demonstrates his rare and precious combination of strategic insight and policy action. It is full of riveting historical detail but also, more important, shrewd insights into how we can advance our interests and values in a world where U.S. leadership remains the linchpin of international order."—James A. Baker III "Bill Burns is a stellar exemplar of the grand tradition of wise Americans who made our country the indispensable nation in this world. *The Back Channel* shows how diplomacy works, why it matters, and why its recent demise is so tragic."—Walter Isaacson, author of *Leonardo da Vinci*

Watch Your Back! - Richard A. Deyo 2014-09-19

Dr. Richard A. Deyo, proposes an approach to managing back pain, which most adults in the United States experience at some point, that empowers the individual and leads more directly to effective care.

Houses of Boston's Back Bay - Bainbridge Bunting 1967

Sociologically speaking, the Back Bay is Boston's fashionable residential quarter -- or so it was until the great depression of 1929 began the gradual conversion of its aristocratic dwellings to more modest uses. Occupying about two hundred acres in the center of the greater filled region, the limits of this smaller area are the river, the Public Garden, Boylston Street, and Fenway Park. The Back Bay is interesting to Bostonian and visitor of the present day for a variety of reasons. Some will look at the area as a remarkably complete example of nineteenth century American architecture. Some people with a sociological interest will study the area's changes in property use and occupancy over the last thirty-five years and try to foresee the role the Back Bay is to play in the future development of the metropolitan center. Still others are concerned with the area as a convenient place to live or with property values and tax rates. With a precision almost unique in American history, the buildings of the Back Bay chart the course of architectural development for more than half a century. - Introduction.

Back Sense - Dr. Ronald D. Siegel 2002-04-09

On occasion nearly everyone experiences short-term back pain from sore or strained muscles. But for many who come to treat their back gingerly because they fear further "injury," a cycle of worry and inactivity results; this aggravates existing muscle tightness and leads them to think of themselves as having a "bad back." Even worse is the understandable but usually counterproductive assumption that back pain is caused by "abnormalities"—bulging disks, a damaged spine, and so on. However, these abnormalities are frequently found in those who have absolutely no pain whatsoever. In reality, most backs are strong and resilient, built to support our bodies for a lifetime; truly "bad backs" are rare. Drawing on their work with patients and studies from major scientific journals and corporations, the authors of *Back Sense*—all three are former chronic back pain sufferers themselves—developed a revolutionary self-treatment approach targeting the true causes of chronic back pain. It is based on conclusive evidence proving that stress and inactivity are usually the prime offenders, and it allows patients to avoid the restrictions and expense of most other treatments. After showing readers how to rule out the possibility that a rare medical condition is the source of their problem, *Back Sense* clearly and convincingly explains the actual factors behind chronic back pain and systematically leads readers toward recapturing a life free of back pain.

Crooked - Cathryn Jakobson Ramin 2017-05-09

The acclaimed author of *Carved in Sand*—a veteran investigative journalist who endured persistent back pain for decades—delivers the definitive book on the subject: an essential examination of all facets of the back pain industry, exploring what works, what doesn't, what may cause harm, and how to get on the road to recovery. In her effort to manage her chronic back pain, investigative reporter Cathryn Jakobson Ramin spent years and a small fortune on a panoply of treatments. But her discomfort only intensified, leaving her feeling frustrated and

perplexed. As she searched for better solutions, she exposed a much bigger problem. Costing roughly \$100 billion a year, spine medicine—often ineffective and sometimes harmful—exemplified the worst aspects of the U.S. health care system. The result of six years of intensive investigation, *Crooked* offers a startling look at the poorly identified risks of spine medicine, and provides practical advice and solutions. Ramin interviewed scores of spine surgeons, pain management doctors, physical medicine and rehabilitation physicians, exercise physiologists, physical therapists, chiropractors, specialized bodywork practitioners. She met with many patients whose pain and desperation led them to make life-altering decisions, and with others who triumphed over their limitations. The result is a brilliant and comprehensive book that is not only important but essential to millions of back pain sufferers, and all types of health care professionals. Ramin shatters assumptions about surgery, chiropractic methods, physical therapy, spinal injections and painkillers, and addresses evidence-based rehabilitation options—showing, in detail, how to avoid therapeutic dead ends, while saving money, time, and considerable anguish. With *Crooked*, she reveals what it takes to outwit the back pain industry and get on the road to recovery.

[The Boy at the Back of the Class](#) - Onjali Q. Raúf 2020-07-28

In the vein of timely titles such as Katherine Applegate's *Wishtree* and Alan Gratz's *Refugee* comes a touching, accessible middle-grade debut about the ongoing Syrian refugee crisis, as well as the life-changing power of friendship and standing as an ally. There used to be an empty chair at the back of Mrs. Khan's classroom, but on the third Tuesday of the school year a new kid fills it: nine-year-old Ahmet, a Syrian refugee. The whole class is curious about this new boy—he doesn't seem to smile, and he doesn't talk much. But after learning that Ahmet fled a "Very Real War" and was separated from his family along the way, a determined group of his classmates band together to concoct the Greatest Idea in the World—a magnificent plan to reunite Ahmet with his loved ones. Balancing humor and heart, this relatable story about the refugee crisis from the perspective of kids highlights the community-changing potential of standing as an ally and reminds readers that everyone deserves a place to call home. Overall Winner of the 2019 Waterstones Children's Book Prize Winner of the 2019 Blue Peter Book Award "Tearjerking and chuckle-inducing. . . . Above all it celebrates the power of kindness." -- *The Sunday Post* (Scotland) "Inspiring and sweet. . . . This is a beautiful, open-hearted debut from Onjali Q Raúf that should help children be the best they can be and realise the power of kindness." --BookTrust (UK)

"An engaging exploration of the refugee crisis through the eyes of a child." --Readings (Australia)

The Back Yard Farmer - John Willard Bolte 1914

The Back Book - Martin Roland 2002

This is the second edition of the booklet which contains practical advice on how to deal with back problems and stay active. It is based on the latest research and the information has been shown to be effective in clinical trials. It is suitable for anyone suffering back pain, and doctors or therapists can use it to help patients cope with early management of symptoms. It is linked with the Royal College of General Practitioners and the Faculty of Occupational Medicine guidelines for coping with back pain. The publication is also available in packs of 10 copies (ISBN 0117029505), as well as a video based on the booklet (*Get back active*, ISBN 0117029408).

The Healthy Knees Book - Astrid Pujari 2010

The *Healthy Knees Book* details the structure and function of the knee and explains its common injuries and chronic pains. With her holistic approach to healing, Dr. Pujari examines how the whole mind and body can promote balance and healing in your hard-working knees, while co-author Alton culls information from medical specialists, physical therapists, yoga and fitness instructors, nutritionists, and herbalists.

[Treat Your Own Back](#) - Robin McKenzie 2010

[From the Pews in the Back](#) - Kate Dugan 2009-07-01

From the Pews in the Back is a book filled with questions about Catholic identity. How do young Catholic women see or define themselves? What is their relationship to the church? What are their struggles and joys? In a church that often consigns them to the pews in the back, what place are young women claiming? This collection of twenty-nine essays approaches these questions from a multitude of angles. These brief memoirs, to 'her with the insights of editors Kate Dugan and Jennifer Owens, offer a glimpse into what it means to be young, Catholic, and female in today's church. These women wrestle with the Catholic faith and with the church. They ask hard questions of the institution and are not willing to take easy answers. *From the Pews in the Back* is a new chapter in the dialogue about the role of women in the church. The voices of these women range from inspiring and energetic to challenging and wounded. Ultimately, though these women are stubbornly hopeful. They are claiming a place in the church and are calling other Catholics to talk with them about this claim.