



7 Best Kept Secrets to Painless Aging (Paperback)

By Lori L. Spencer

AUTHORHOUSE, United States, 2007. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Is chronic pain an acceptable part of getting older? Are we doing everything we can to prevent injury and rapid aging? Lori Spencer, a clinical massage therapist and researcher, breaks new ground on this topic and in doing so imparts the 7 Secrets to Painless Aging. Ms. Spencer brings to the forefront why our lifestyle (not gradual aging) is at fault for the overwhelming phenomenon of chronic pain in America. A quick read full of thought-provoking statistics and first hand experiences from her work, 7 Secrets will forever change the way we look at pain and how our bodies communicate with us. For more information on Ms. Spencer and her practice, lectures and research, visit //.



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