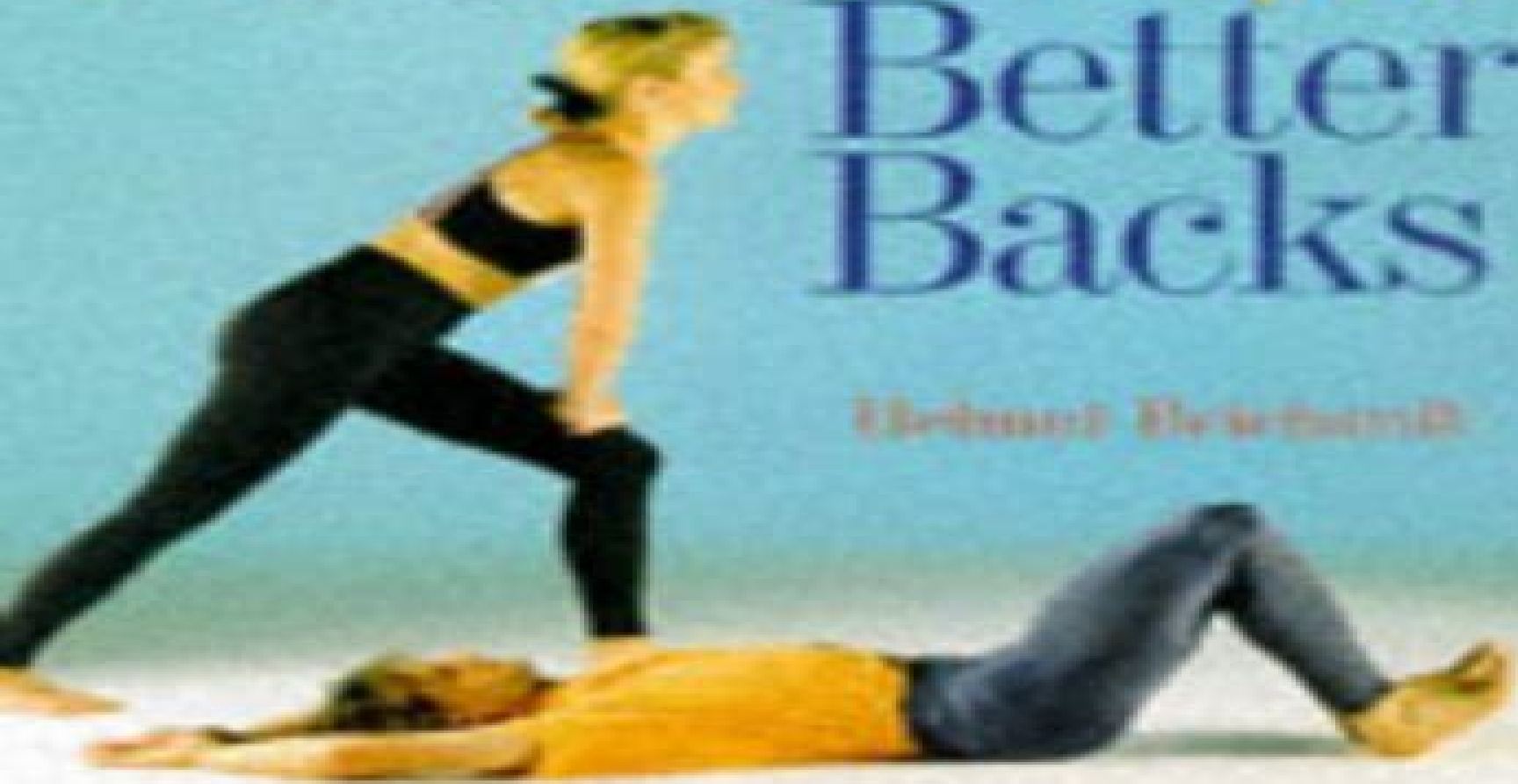


Gentle Exercises for **Better Backs**

Edward F. Hechtman, M.D.



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