

The image is a composite. The left side shows the back and right arm of a person with a tan complexion, showing muscle definition. The right side shows a close-up of a silver CD, which reflects a blurred landscape of green hills and a blue sky. The text is overlaid on the white background between these two images.

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# HEALING BACK PAIN

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# Healing Back Pain The Mindbody Connection Abridged

**A Gutmann**



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