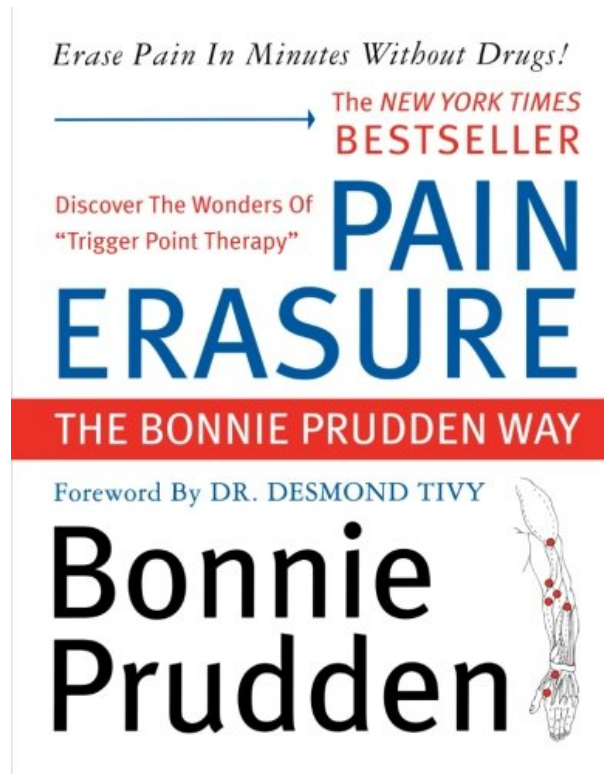


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After twenty-five years in print, this book has been a godsend for hundreds of thousands of readers. When trigger points are released (and this book teaches how it is done) relief comes immediately.

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Bonnie Prudden

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By nebbie

I glanced through this book and I look forward to reading all the information contained herein. Bonnie Prudden worked with Hans Kraus and learned from him the technique to alleviate back pain.

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I tried to find specific conditions in the book - and the procedures to follow for treating them. I couldn't even figure out the procedures to follow when reading them - the writing just isn't very clear.

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