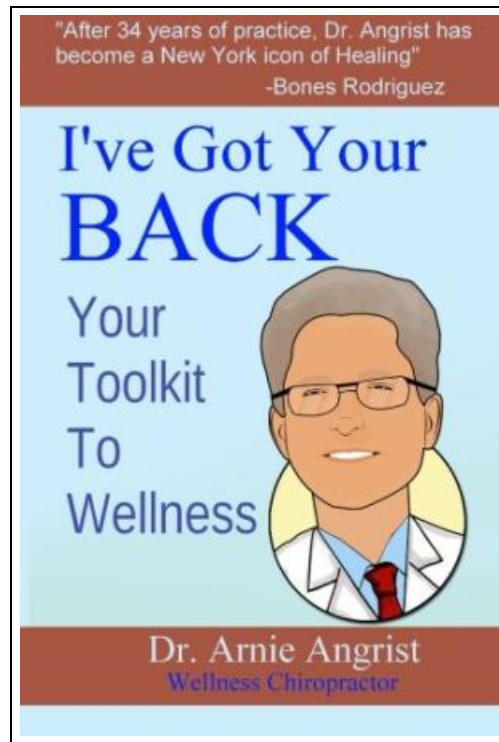


Ive Got Your Back Your Toolkit To Wellness



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Reviews

This book might be well worth a study, and much better than other. Indeed, it can be perform, continue to an amazing and interesting literature. I realized this publication from my i and dad suggested this book to find out.
(Dejuan Rippin)

IVE GOT YOUR BACK YOUR TOOLKIT TO WELLNESS



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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 88 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. Dr. Angrist Has Your Back! andnbsp; New Yorkers andnbsp;face special challenges when it comes to our bodies, and in the hustle and bustle of The City That Never Sleeps many people are stressed out. The noise, the pace, and walking on the concrete can take its toll on your knees and back. andnbsp; There is high pollution from the many cars and buses, and the overall andnbsp;ldquo;rush, rush andnbsp;rdquo; energy can really sap you of your energy. andnbsp; How do you healthfully renew the energy you need to keep up with that kind of pace andnbsp; Dr. Angrist has noticed over his 34 years of practice in New York City that many of his patients suffer from stress-related conditions and the wear and tear of New York life. He likes his office to be a special retreat from the outside, where you can get alignment; not just spinal alignment, but a place where you can get your mind, body, and spirit aligned in a healthful way. So many people sacrifice their health for their monetary gain by staying late at work, or by being stressed over deadlines and goals. Many people sleep terribly because they are so worried about upcoming projects and the next day andnbsp;s work. After chatting with many chiropractors in other parts of the country, Dr. Angrist realized that so many of his counterparts andnbsp; patients didn andnbsp;t face the same challenges as his patients in NYC. New York also has a fantastic energy of excitement and achievement; People here seem to have a different kind of happiness and some can even enjoy the pressure....

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