



The Body Doesn't Lie: A 3-Step Program to End Chronic Pain and Become Positively Radiant

By Vicky Vlachonis

HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, The Body Doesn't Lie: A 3-Step Program to End Chronic Pain and Become Positively Radiant, Vicky Vlachonis, Get Rid of Chronic Pain and Discover How to Look and Feel Your Best Every Day Back problems, nightly headaches, tight shoulders, achy feet-all of us have nagging, daily pains that seem to get worse when our lives get busier. In The Body Doesn't Lie, Vicky Vlachonis shows us how to locate the source of our pain, understand its origin and manifestation in the body, and then let it go, using a holistic approach that includes easy-to-implement guidelines for diet, exercise, and emotional well-being.



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