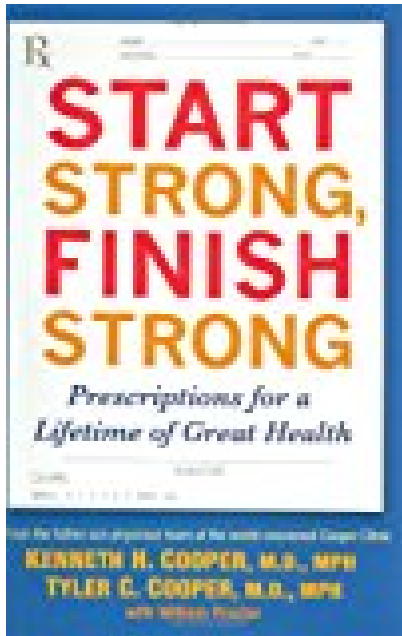


Start Strong Finish Strong



BOOK DETAILS

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- Pages : 432 Pages
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BOOK SYNOPSIS

Arguing that an age-related physical decline is not an inevitable process, a guide to overcoming chronic pain while staying active outlines seven steps that promote a range of desired benefits, from maintaining flexibility and promoting overall health to overcoming substance abuse and avoiding injury.

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