

# Release Back Pain By Michael Reed Gach

**By Michael Reed Gach**

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If you suffer from back pain, you know how it affects every aspect of your life. With Release Back Pain, you get relief through simple flexibility exercises and self

Michael Reed Gach received a B.A. degree from Immaculate Heart College in Social Relations and a Ph.D. from Release Back Pain: Acupressure & Gentle Yoga Guided