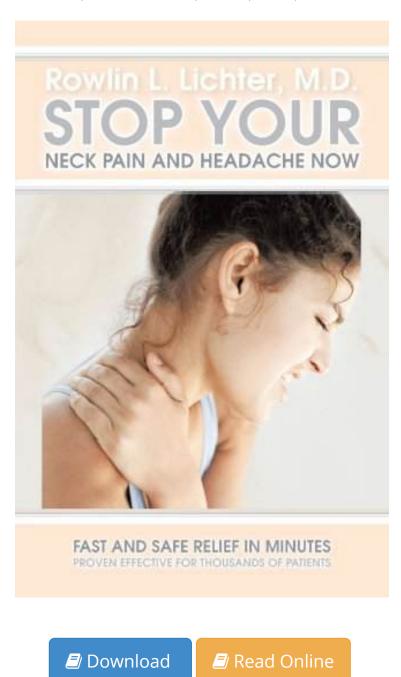
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Stress is the leading cause of neck pain and popping a pill is not the answer Using the tools and techniques taught here you can prevent neck pain and headaches in just minutes a day Author Rowlin L Lichter M D is a board certified orthopedic surgeon who shares step by step instructions on how you can stop your neck pain and headaches simply quickly and easily Dr Lichter has created a system of easy exercises that have provided permanent relief to 85 percent o About the Author Rowlin L Lichter M D is a board certified orthopedic surgeon trained at Northwestern University with more than sixty years of clinical experience A pioneer in sports medicine Dr Lichter established the prestigious Chart Rehabilitation Cen

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