



# Arthritis: What Exercises Work: Breakthrough Relief For The Rest Of Your Life, Even After Drugs & Surgery Have Failed

*Dava Sobel, Arthur C. Klein*

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What is the most powerful arthritis treatment ever developed to help restore you to a healthy, pain-free, and vigorous life--for the rest of your life?

It's the very same breakthrough that has:

- Helped more arthritis sufferers than drugs, surgery, or any other treatment--without dangerous side effects.
- Been widely prescribed by medical doctors and other health practitioners.

The answer? Exercise.

Here are the right exercises for your kind of arthritis, pain-level, age, occupation, and hobbies.

And they're the most effective exercises for arthritis available anywhere--rated "best" by arthritis sufferers themselves in an unprecedented nationwide survey...supported by medical doctors...and backed by the latest research.

only this book has them.

Let *Arthritis: What Exercises Work* work wonders in ending your arthritis pain--forever!



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