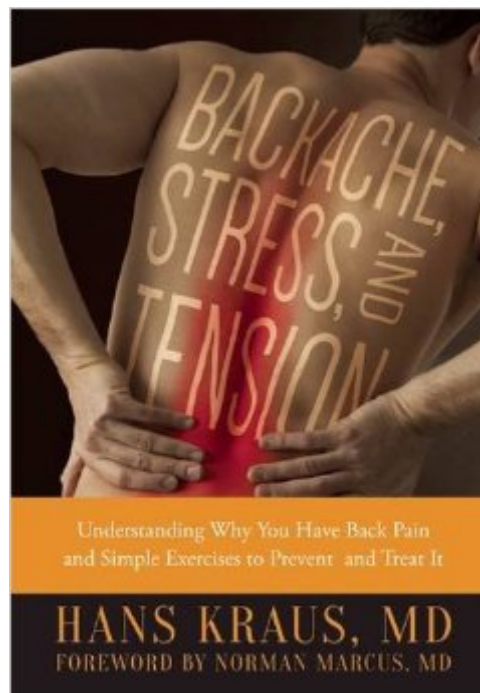


The book was found

Backache, Stress, And Tension: Understanding Why You Have Back Pain And Simple Exercises To Prevent And Treat It



Synopsis

Today's busy world provides too much stress and not enough time for exercise. Instead of walking, running, and doing physical chores, we sit for hours at a desk, use machines to do work for us, and drive a car for even the shortest trips. As a result, more than sixty-five million Americans experience back pain, neck stiffness, and tension headaches. Dr. Kraus explains the causes of back pain and tells you what you can do to prevent and alleviate it. He presents six simple tests to determine whether you have the strength to carry your own body weight and the flexibility to match your height. According to Dr. Kraus, if you fail any one of these tests, you are underexercised or overtensed, and the odds are high that if you don't already suffer from back pain, you will in the future. Dr. Kraus provides various approaches to back and tension problems, the primary focus being a series of carefully planned exercises to strengthen the whole body and to correct specific physical deficiencies. Featuring a foreword by Robert H. Boyle, *Backache, Stress, and Tension* is an essential handbook for everyone in today's overworked, overstressed world.

Book Information

Paperback: 240 pages

Publisher: Skyhorse Publishing; Updated edition (April 7, 2015)

Language: English

ISBN-10: 1632204576

ISBN-13: 978-1632204578

Product Dimensions: 6.9 x 0.9 x 9.9 inches

Shipping Weight: 2.1 pounds (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (14 customer reviews)

Best Sellers Rank: #265,801 in Books (See Top 100 in Books) #50 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Backache](#) #301 in [Books > Medical Books > Medicine > Surgery > General Surgery](#) #347 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management](#)

Customer Reviews

This book was an accumulation of a great many years of knowledge, experience and very practical wisdom. I knew Hans. I worked with Hans in the development of an international program for chronic pain sufferers that was based on this book. Side by side we used these principles and exercises to ease both patients and acute sufferers alike for years. I cannot tell you the impact that this book has had on 1,000's around the world! You will find that this new and updated modern

edition will have the same effect on you! You can trust me; I am a Professor with "two" Medical Schools!

I have read the most important parts of the book and it is good advice. The exercises are hard to do if you have an extremely bad back and I do. So I am working on strengthening the muscles that need to be strengthened and am re-reading this book again to make sure I didn't miss anything. I like the book even though I bought an older version of the book. But it is a good book and the author is well learned.

these exercises are major helps for those with back pain, but check with your doctor first. since most are really quite gentle, most people can do them. kraus was pres. kennedy's back doctor and these exercises gave him relief, and the precious ability to play with his children.

This book is for those looking at philosophy and motivation idea. He is predicting the future and it is amazing. I don't agree with the diet portion but it is a good read for those who coach or teach fitness.

About 40 years ago I injured my back while Whitewater Canoeing and after five months of increasing agony and bad advice from four orthopedic surgeons, a friend told me about Dr. Krause. Three weeks after my first visit, I was back to work feeling about an 80% improvement. Two months later, I was totally pain free. If I would've only known about this amazing man sooner. Hans Krauss was Dwight Eisenhower's and John F. Kennedy's personal back doctor. Kennedy even had one of Dr. Krause's physical therapists living in the White House. This book, will give you insights that you may have never imagined as to what causes back problems and how to deal with them in a noninvasive way. Thank you Dr. Krause.

I'm glad I ordered this book. I did the 6 exercises in the beginning and found out which of my muscles are too weak. Now I started the exercises described in the book to strengthen my muscles and help my back pain. If anyone has back pain, this would be a great book to buy.

DR Kraus passed away in 1995 and the book is copyrighted in 2012. The book and all the previous version about the Kraus - Weber tests are the only ones worth while. This version does NOT give the results of the tests in relation to: age, weight, sex, and results.

[Download to continue reading...](#)

Backache, Stress, and Tension: Understanding Why You Have Back Pain and Simple Exercises to Prevent and Treat It Healing Yoga: Proven Postures to Treat Twenty Common Ailmentsâ ”from Backache to Bone Loss, Shoulder Pain to Bunions, and More Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training) Back Pain: Alleviate Back Pain and Start Healing Today (Simple Exercises, Remedies, and Therapy for Immediate Relief) Foot Pain: Causes & Simple Steps & Exercises to Treat Irritating Foot Pain (Plantar Fasciitis, Bunions, Athletes Foot) Kidney Stones: How To Treat Kidney Stones: How To Prevent Kidney Stones (Kidney Stone Treatment & Prevention Guide With All Natural & Medical Solutions To Remedy Pain Or Prevent In The First Place) Natural Back Pain Solutions: Relieve Back Pain Fast, Heal a Herniated Disc, and Avoid Back Surgery The 7-Minute Back Pain Solution: 7 Simple Exercises to Heal Your Back Without Drugs or Surgery in Just Minutes a Day The Stretch Workout Plan: Simple Exercises to Improve Flexibility, Increase Mobility and Relieve Tension Wrist Pain, Neck Pain - Lower Back Pain - Should Treatments Be Focussed Only To The Area That Hurts?: A Comfortable Healthy Sleep Without Neck Pain And ... Neck Pillow, (Children health care Book 1) Combat Headaches: A chiropractor's advice for those who suffer from migraines, jaw pain, sinus pain and/or tension headaches (Combat Dis-Ease) (Volume 2) Treat Back Pain Distally: Get Instant Pain Relief with Distal Acupuncture Osteoporosis: How To Treat Osteoporosis- How To Prevent Osteoporosis- Along With Nutrition, Diet And Exercise For Osteoporosis (Reverse or Prevent Bone ... Supplement Treatments & Exercise Routines) Exercises for Back Pain: The Complete Reference Guide to Caring for Your Back through Fitness Foot Pain: Ingrown Toenail: How To Become Stress Free And Easily Cure This Nasty Nail Disease Today From The Comfort Of Your Own Home (Foot Pain, Foot Problems, Foot Pain Relief, Foot Reflexology) Naturally Pain Free: Prevent and Treat Chronic and Acute Pains-Naturally End Your Carpal Tunnel Pain Without Surgery: A Daily 15-Minute Program to Prevent & Treat Repetitive Strain Injury of the Arm, Wrist, and Hand 8 Steps to a Pain-Free Back: Natural Posture Solutions for Pain in the Back, Neck, Shoulder, Hip, Knee, and Foot Mind Over Back Pain: A Radically New Approach to the Diagnosis and Treatment of Back Pain The Back Pain Book: A Self-Help Guide for the Daily Relief of Neck and Low Back Pain

[Dmca](#)