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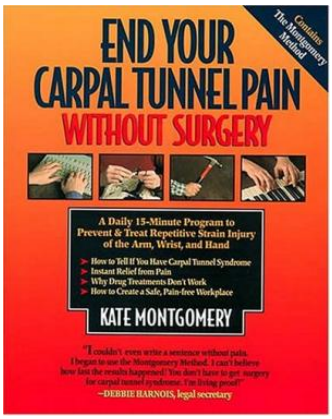

Thomas Nelson, 1998. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: This helpful guide tells how to prevent and treat Carpal Tunnel Syndrome in just fifteen minutes a day. This proven twelve-step routine of adjustments, stretches, and exercises can eliminate CTS pain without surgery. Illustrated and indexed.

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