

A NEW HARBINGER SELF-HELP WORKBOOK

The Trigger Point Therapy Workbook

SECOND EDITION

YOUR SELF-TREATMENT GUIDE FOR PAIN RELIEF

Clair Davies, NCTMB
with **Amber Davies, NCTMB**

Foreword by **David G. Simons, MD,**
coauthor of *Travell & Simons'*
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Manual Trigger Point Therapy Workbook

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