



# Der große Rückentrainer (German Edition)

*Wolfgang Möhring*

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# Der große Rückentrainer (German Edition)

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**Der große Rückentrainer (German Edition)** Wolfgang Möhring  
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Rückenbeschwerden? Das muss nicht sein! Gerade leichtere Schmerzen können einfach und wirkungsvoll selbst gelindert werden. Wolfgang Möhring erläutert Aufbau und Funktion der Wirbelsäule, zeigt, wie Rückenschmerzen entstehen und wie man sich »rückengerecht« verhält.

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