

For the millions who
suffer from lower back pain

**THE Y'S
WAY
TO A
HEALTHY
BACK**

Alexander Melleby

National Director of the YMCA Healthy Back Program

Foreword by
HANS KRAUS, M.D.

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David C. Nieman



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The Y's Way to a Healthy Back Alexander Melleby,1982 **Y's Way to a Healthy Back** ,1991 **The Y's Way to Physical Fitness** Lawrence Arthur Golding,Clayton R. Myers,Wayne E. Sinning,1982 *JFK's Secret Doctor* Susan E.B. Schwartz,2015-09-22 Set against the grand panorama of twentieth century world events it captures the remarkable life and spirit of climbing and medical visionary Hans Kraus 1905 1966 Kraus was taught English by James Joyce escaped Nazi dominated Europe and was JFK s secret back specialist A legendary rock climber known for hair raising ascents on two continents Kraus lived a life filled with tragedy and triumph intense passion verve and a whole lot of guts glory and wit One of the great unsung medical pioneers of the twentieth century Kraus made headline news throughout the second half of the 1950s was a guest of honor at Eisenhower s White House and was the subject of cover stories in major magazines throughout America including Sports Illustrated His pioneering work in muscles and fitness uncovered a shocking truth about a lack of fitness in American children and his work curing back pain brought him into the Kennedy White House and inner circle of Camelot Here now is the life of Hans Kraus including the behind the scenes story of Kennedy s crippling back problems based on new documentation including White House medical records and interviews with two Kennedy White House doctors Skyhorse Publishing along with our Arcade Good Books Sports Publishing and Yucca imprints is proud to publish a broad range of biographies autobiographies and memoirs Our list includes biographies on well known historical figures like Benjamin Franklin Nelson Mandela and Alexander Graham Bell as well as villains from history such as Heinrich Himmler John Wayne Gacy and O J Simpson We have also published survivor stories of World War II memoirs about overcoming adversity first hand tales of adventure and much more While not every title we publish becomes a New York Times bestseller or a national bestseller we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home **Into the Unknown** Susan E. B. Schwartz,2005 Into the Unknown is the inspiring story of one man s successful quest for meaning from hair raising mountain adventures to medical breakthroughs to the inner circle of Camelot **Newsletter** ,1978 **The Feeling Great! Wellness Program for Older Adults** Jules C Weiss,2014-06-17 The Feeling Great Wellness Program is an inspirational book describing a successful health care program for older adults Created for people who desire a richer life Feeling Great is a program of everyday miracles the regaining of body strength and movement and the expanding of physical abilities Participants learn to improve their physical emotional and psychological health through a comprehensive wellness program A training manual and self help guide this motivational volume looks at an effective program that allows older adults to learn about their health care needs and options practice a daily exercise program suited to their abilities develop supportive new friendships increase their self esteem and overcome barriers of ill health poor diet sedentary lifestyles and physical and emotional difficulties The Feeling Great Wellness Program for Older Adults offers a comprehensive view of a quality program through the eyes of both participant and

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