

# Back Mechanic

## Praise for the "Back Mechanic":

"Dr. McGill's book is healthy spine expert for back pain issues. His cutting edge but practical advice has not only benefited our readers for more than a decade, but even helped my own father avoid surgery and expensive testing and Dr. McGill is truly the real master of your back!"  
Adam Longard, Editor in Chief, [www.backfitpro.com](http://www.backfitpro.com)

"There is no one better than professor Stuart McGill to advise on how to avoid and treat low back injuries. He has created a scientific foundation of what causes back pain that has guided decisions around the world!"  
Dr. Alexander, Professor of Sport & Exercise Science, Bath University, UK

"Dr. McGill's work is making a huge impact on the health of the Mass and America in the USA. If you don't know about the teachings of Stuart McGill, well why not say you don't know!"  
Philip Livingston, Content Writer, USA

"He figured out my back and changed my Olympic career. The approach in a three pages will change lives and help! Bestowment!"  
Anthony Hunt, USA Olympian

"Dr. McGill is the most widely recognized spine researcher in the world. The book brings his knowledge straight to the people who need it most!"  
William Stegany, D.C., Master Back Pain School, Military Medical Center, Consultant to the White House

"He is the 'Dr. Back Doctor' and in three pages guides the reader through the essential steps to become pain-free!"  
Dr. Clayton Stapp, Injury Prevention and Performance coordinator, St Louis Baseball Cardinals, and Medical Director, Center for Human Performance, St Louis, MO

"Since implementing Dr. McGill's treatment protocols, our worker compensation patients have returned to their job faster in the back by repairing back pain, and provided the reader with practical steps toward recovery. 'Definitely readable'!"  
John Hoyer, DPM, and Mike Young, MD, Business Health Network, USA

"Dr. McGill's unique approach restored a pain free back following a major back injury. Despite other experts telling me that my governing career was finished. One page that I came back over 50% better, and all thanks to your 'Back Mechanic'!"  
Brian Lovell, Champion Bowler

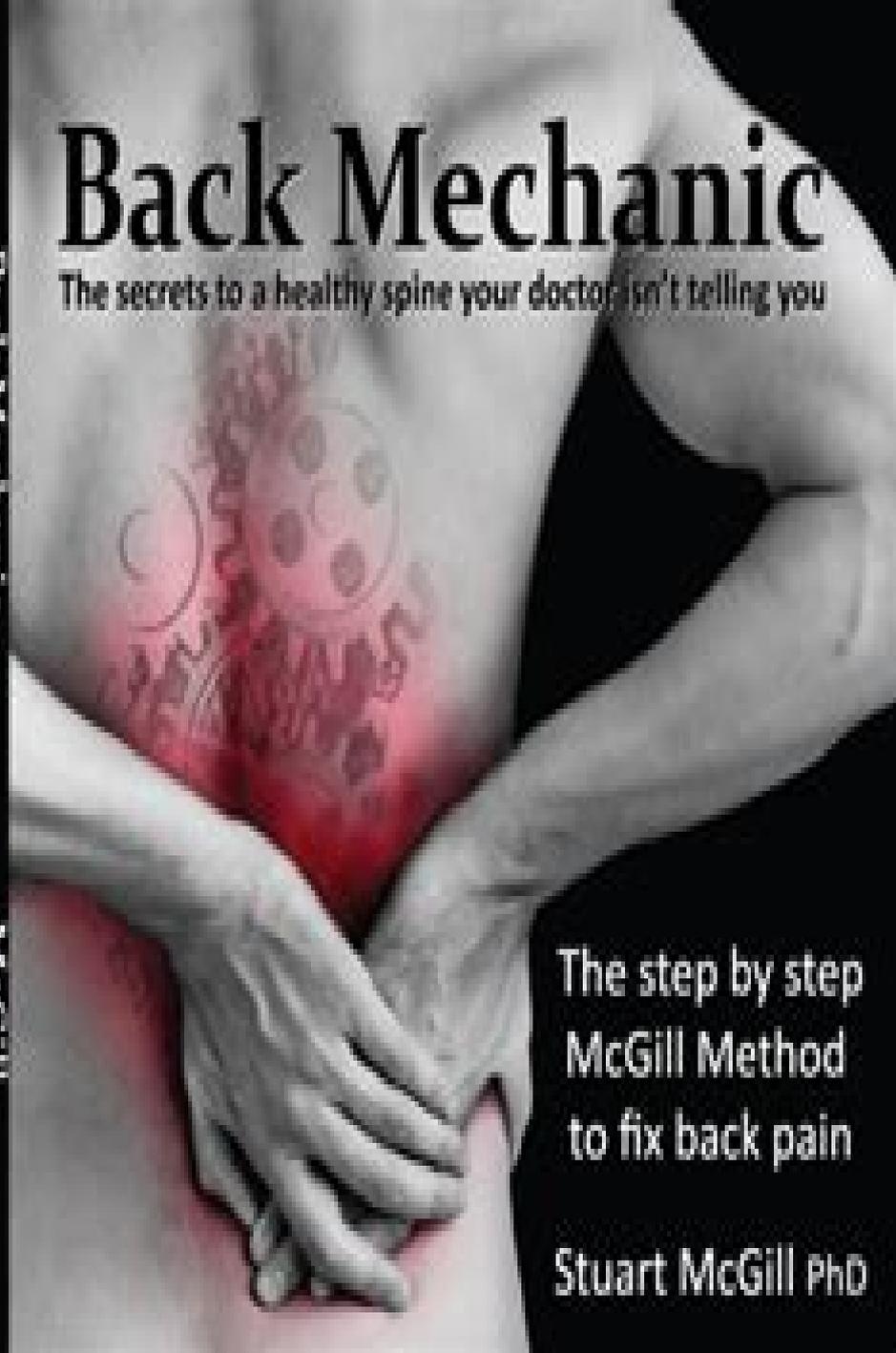


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**Minjie Lin**



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