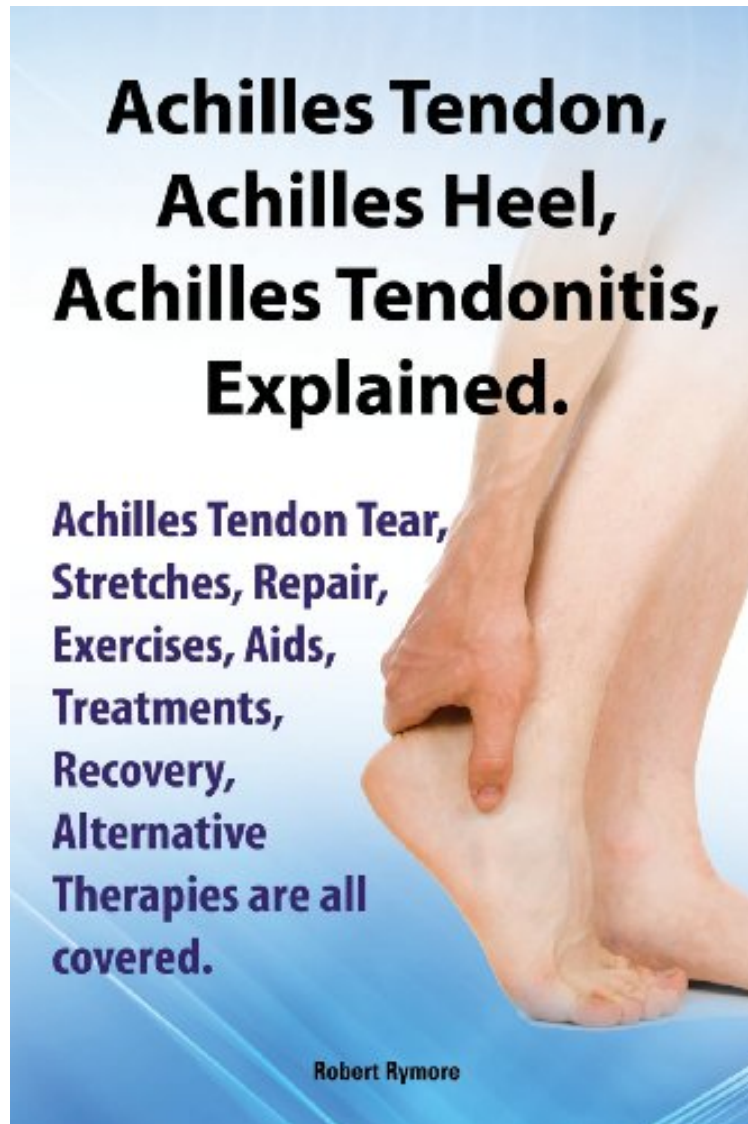


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Millions of people are suffering from Achilles Tendonitis. This is another very informative book by Robert Rymore. He continues with his interest in writing medical educational guides. This guide is intended to be a tool, one that will give you an awareness of the process involved in Achilles Tendonitis. Treatment, Exercises, Symptoms, Causes, Recovery, Relief, Remedies, Massage, Vitamins, Minerals, Aids and Alternative Therapies are all covered. Readers will surely find much contribution by this book, to relief their pain or even to create a pain free healthy lifestyle. The book is written in an easy to read and understandable style. In a straightforward, no nonsense fashion, Robert covers all aspects of Achilles Tendonitis, including lots of exercises. The content is informative, educative and easy to understand. " I have been a sufferer of achilles tendonitis for years. My physiotherapist keeps telling me to do exercise but I keep forgetting them. Now I just open the book, read what to do and do my exercises. I love the exercises in this book and by doing them on a very regular basis, I am astonished that I am basically pain free. Thanks!" Linda Thompson "Yes, my doctor did tell me what was going on in my heel but I wanted to learn more. This book has given me a lot more knowledge and I understand everything much better now. Everything is very clearly explained". Richard Ashdale