

# Pain free without drugs, without surgery, and in the shortest time



Dr. med. Petra Bracht,  
Roland Liebscher-Bracht  
**Germany Has Backbone**  
[Deutschland hat Rücken]  
How it could get to this point –  
Why now is the time to stop it,  
and what you yourself can do –  
Our best self-help exercises for home

Mosaik  
400 pages  
Format 15,5 x 21,0 cm  
October 2018  
With ca. 30 4-colour photographs

## Rights sold to:

France (Macro), Italy (Macro), Spain (Macro)

**Roland Liebscher-Bracht** and **Dr. med. Petra Bracht** jointly developed the effective Pain Therapy according to Liebscher & Bracht, with a network of over 4,000 therapists in the German-speaking world. With the goal of pain prophylaxis and treatment, Dr. med. Bracht, a specialist in nutrition and detoxification medicine, and her husband, who studied engineering and is a passionate combat sportsman and movement energetics practitioner, collaborated in developing a new revolutionary form of the fascia yoga.

Back pain is the number-one widespread disorder of the civilised world. Everyone suffers from it at least once during their lifetime – but many have back pain every day. Conventional medicine is invariably at a loss about what to do and so prescribes excessive or unnecessary therapies, medications, and surgeries. Such treatments are generally not only ineffective but also dangerous. The pain returns and becomes chronic, and there is a risk of drug dependence. In addition, 95 percent of all back surgeries result in unintentional miscues. With their pioneering method, the pain specialists and bestselling authors Dr. Petra Bracht and Roland Liebscher-Bracht put their finger right on the futility of conventional medicine. The best news is that you, the sufferer, can help yourself heal. Their therapy relieves back pain surprisingly fast while avoiding spinal damage. For each condition, the most effective exercises with variations are presented.

- Following *The Osteoarthritis Myth* – the new bestseller from the renowned pain specialists
- Over 33 million clicks on YouTube, 350,000 subscribers on Facebook, 24,000 fans on Instagram, and 75,000 newsletter subscribers
- Our best self-help exercises for home

## Press

"The authors confidently present a holistic approach in which

nutrition, psyche, and environment play important roles.  
Overall a very good and useful advice book!" *lbib.de*