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## Book information

**Authors:** Andreas Alt / Bernard C. Kolster  
**Title:** Du bist dein eigener Therapeut  
**Subtitle:** Neck pain – How to Manage my Complaints in Three Simple Steps

**Short text:**

In this book, authors Andreas Alt and Bernard C. Kolster demonstrate amazingly simple ways to abolish discomfort from neck pain. The book helps readers who are plagued by this condition to take an active role in their therapy. It contains everything readers need to know to be able to treat their neck complaints on their own and eliminate or decisively alleviate them in the long term – from simple self-assessment to an individual exercise program and practical implementation. The exercises presented in the book are reliable as they have been extensively tested in physiotherapeutic practice.

This comprehensive new book offers a structured and goal-oriented guide to breaking the vicious circle of chronic complaints. It dispels common myths surrounding neck pain, explains the causes of pain in an understandable way, and allows chronic neck pain to become manageable. As a first step, the main problem of the reader is identified. This leads directly to the next step, which is an optimal exercise program to precisely target the complaint. The book also looks at modern lifestyles and advises readers on how to counteract habits that promote pain. In addition, it contains support materials such as video sequences of the exercises and PDF formats of the self-assessment and exercise programs, which can be accessed via QR codes.

**Categories:** Patient Education, Physiotherapy, Guide Health & Medical Science