

**From Ouch To Aahh! Shoulder Pain Self Care By Peggy Lamb .pdf**

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PEGGY LAMB, MA, LMT, NCTMB, has been Peggy received her initial training at the New Mexico Academy of Massage From Ouch to Aaah: Shoulder Pain Self Care and

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The evening was cool and crisp, with a light easterly breeze. Tree limbs moved lazily with the wind, swaying with a hypnotic, almost spiritual motion that brought

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