

# **The Trigger Point Therapy Workbook: Your Self-Treatment Guide For Pain Relief By Clair Davies NCTMB;Amber Davies CMTPT LMT**

**By Clair Davies NCTMB;Amber Davies CMTPT LMT**

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Trigger Point Therapy for Low Your Self-Treatment Guide for Pain Relief by Clair Davies CMTPT, LMT, is a myofascial trigger point therapist who has

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