Back pain is one of the most common reasons people go to the doctor. Home treatment and proper body mechanics often will heal your back within a few weeks. Most back pain gradually improves with home treatment and self-care, usually within a few weeks. Contact your doctor if your back pain: Persists past a few weeks. Is severe and doesn't improve with rest. Back pain books abound in the marketplace. The same is true, to a lesser extent, for neck pain books. With so many options, how do you know which read is the best for you? Never fear, I have reviewed 9 of them in detail. If you find a back pain book you like, you can purchase it online. (That may not be as fun as browsing a bookstore, but it is more convenient.) Either way, my list of back pain books may help you pick out a gift or find that perfect weekend read. Tom Merton / Getty Images. 1. Back Pain Understood. Neck pain? Sciatica? Herniated disc? Stenosis? Get a FREE copy of "The 7-Day Back Pain Cure". It will transform your... See more of Back Pain Book on Facebook. Log In. or. Create New Account. See more of Back Pain Book on Facebook. Log In. Forgot account? First Aid Treatment for Lower Back Pain. First aid for back pain - treating yourself. For most people, most of the time, lower back pain is easily defeated when it strikes. Here are Cameron's Rules for winning the battle with low back pain. They apply to the most common type of low back attack which is pain mainly in the back with some pain in the buttock or thigh. Nerve irritation - shooting pain down the leg as far as the ankle - needs a slightly different plan of campaign. Rule One - DON'T PANIC! These are the best books on the topic of back pain that we have found. These books are written by experts and are popular amongst people with low back pain, middle & upper back pain, neck pain, and other types of back pain. It's important to note that reading a back pain book should be treated as just a guide and you should always check with your physician before starting a treatment plan of any kind. Back pain affects about 3 million people in the United States alone, and countless others across the globe.