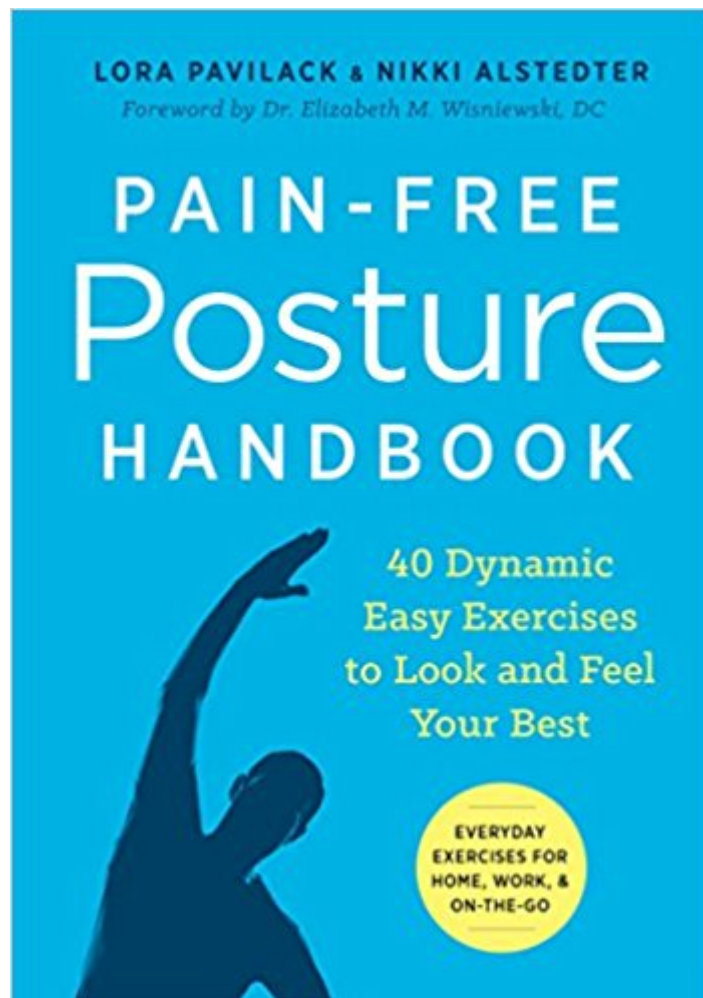




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# Pain-Free Posture Handbook: 40 Dynamic Easy Exercises To Look And Feel Your Best



## Synopsis

Transform your life and live pain free. Pilates instructors Lora and Nikki are leaders in their industry and have successfully helped thousands of people to reduce their back pain. The key? Movement. Now, in this portable, posture-building guidebook, Lora and Nikki share their invaluable exercises and activities to help you develop a healthy spine and alleviate your pain. Learn how posture affects you physically and emotionally, and discover active methods for improving your alignment, reducing neck and back pain from overworked muscles, and finding your own natural posture. Carry The Pain-Free Posture Handbook wherever you go for on-hand, expert advice, featuring easy-to-follow illustrations, posture-building techniques, and breathing exercises for practicing good posture. The Pain-Free Posture Handbook features exercise and tips for: Home: multi-task while doing your chores with these mindful movements Work: make your work environment work for you with office-compatible exercises On the Go: travel-friendly exercises keep you energized and aligned wherever you go It's never too late to fix your posture. The Pain-Free Posture Handbook keeps you moving properly throughout your day, every day.

## Book Information

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## Customer Reviews

"It's so refreshing to read a book with such clear diagrams on exercises that can be done anywhere and at any time. This book will transform your body and help to keep you free from pain. It shows you clearly how to improve your posture and thus your health and your life. I will definitely recommend Pain-Free Posture Handbook to all my friends and clients."--Catherine Chevalier, EFT

Practitioner" As an osteopathic physician, I know that healing comes from within. Most patients I see at my practice live a busy and stressful lifestyle, preventing them from addressing what is at the bottom of their pain. Lora and Nikki's book incorporates a lifestyle based in movement with healthy ways to address posture issues, leading to a breathing, flexible, adaptable, stronger and therefore healthier body. I will recommend this book to all my patients as a tool for them to access their own healing and health." â€” Diane Cable, D.O., Integrative Medicine, Cranial Osteopathy

Lora Pavilack and Nikki Alstedter have been inspiring and guiding healthy movement for over two decades as Pilates Master Trainers, and Gyrotonic, Nia, and Franklin Method teachers. They learned firsthand the value of healthy alignment and good posture as professional dancers: Lora as a Radio City Rockette and Nikki as an aerial acrobat. Their desire to move with ease and grace inspired their life-long journey to teach movement and healing with others. As community wellness leaders and business owners, they run studios in Studio City, Santa Barbara, and Austin, inspiring students to transform their bodies to live a life that they love. Learn more about them at [www.PilatesStudioCity.com](http://www.PilatesStudioCity.com)

I really can't speak highly enough about this little book. I was fortunate to be able to read a review copy, but now that I have the actual book in hand (I pre-ordered 5 to give to friends and patients), I am even more impressed by the presentation. Descriptions of anatomy and exercises are all clearly explained. The illustrations are fantastic and make this book easy to apply for anyone, with or without medical knowledge or bodywork experience. As a medical acupuncturist, I see patients on a daily basis with complaints of pain due to improper posture and movement habits that merely reinforce their problems. Now, I'll have another tool to use in my efforts to help all those I see on their road to adopting healthy body mechanics and decreasing their pain. Thank you Lora and Nikki!!

I hurt my back a few years ago, and I've tried just about everything, pain killers, butt pillows (Of which I now have an assortment), and advice from doctors. None of these things helped long term. I've also purchased books in an effort to heal my back, but those books were also lacking in one thing or another. This book, was written by a couple of everyday, ordinary women who both had experienced severe back pain in one form or another, and they found different ways of dealing with it. This book is written in everyday, easy to understand language. Always a plus! I hate getting something, and then I have to decipher it just to get it's meaning. NO deciphering needed here, it's

very straightforward, and easy to understand. Most everything else I've come across, even doctor recommendations, came with a few exercise suggestions - and most didn't even tell you how to properly do those exercises - this book is different... it has approximately 45 pages, front and back, of different exercises, including instructions, and drawings to help you make sure you're doing them right. Because, let's face it how bad is it when we think we're doing something to help ourselves, and we find out it hurt us more? These ladies have split their exercises up into groups, from exercises you can do at home, at the office, when you're on the go, and even some you can do while brushing your teeth, and even driving - and that's EXCELLENT in my opinion! If you or someone you care about has back pain, this is the book to get for them - again, in my opinion, based on the years of pain I've been through, and how with this book, I'm actually starting to feel some relief. I truly believe that the more I do from this book the better my back will feel, and one day I will be pain-free! Normally, I prefer to leave my "disclaimer" that I purchased this item at a reduced price in exchange for my honest review - at the top, you know, the opening line, I think it denotes more honesty - but I have been asked repeatedly to place this disclaimer at the end - and so, at the end... I purchased this book at a reduced price, in exchange for my honest review, and what you read above was how I feel about it! If this review was helpful to you, please click Yes. Thank you!

Not what I expected.

Helpful

Easy, great exercises and tips to do at work and relax.

it was easy and fun

Easy exercises (no fancy equipment needed) targeting specific problem areas make this a user-friendly book. For those who sit at work too much, those who travel, those who are aging, or anyone wanting to improve her posture.

wonderful low impact exercises that show how to stretch and relieve pain in back, neck, legs. Photos provide easy instructions.

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How To Correct Posture: A 21 day step by step proven strategy for improving your posture

(Updated with pictures): Posture improvement, Posture alignment, Posture of meditation, Posture books Pain-Free Posture Handbook: 40 Dynamic Easy Exercises to Look and Feel Your Best Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Exercises for Perfect Posture: Stand Tall Program for Better Health Through Good Posture Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training) 8 Steps to a Pain-Free Back: Natural Posture Solutions for Pain in the Back, Neck, Shoulder, Hip, Knee, and Foot Posture, Get It Straight! Look Ten Years Younger, Ten Pounds Thinner and Feel Better Than Ever Somatics: Somatics 101: Somatics - For: Flexibility, Posture, Pain Management & Movement (Posterior Chain, Hips, Chi Kung, Craniosacral, Neurosculpting, Self Adjusting, Chronic Pain) Knee Pain: Treatment for beginners - 2nd EDITION UPDATED & EXPANDED - Knee Pain Relief, Cure and Exercises to overcome your knee problems (Knee Problems - Knee Pain Cure - Knee Hurt Book 1) Awareness Through Movement: Easy-to-Do Health Exercises to Improve Your Posture, Vision, Imagination, and Personal Awareness Allergy-free Desserts: Gluten-free, Dairy-free, Egg-free, Soy-free, and Nut-free Delights Debt Free for Life: The Ultimate Guide to Get Out of Debt (FREE Bonuses Included) (Debt, Debt Free, Debt Free Forever, Debt Free for Life, Debt Free for Good, Debt Management, Get Out of Debt) Natural Posture for Pain-Free Living: The Practice of Mindful Alignment Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) Foot Pain: Ingrown Toenail: How To Become Stress Free And Easily Cure This Nasty Nail Disease Today From The Comfort Of Your Own Home (Foot Pain, Foot Problems, Foot Pain Relief, Foot Reflexology) Gluten Free: Gluten Free Diet for Beginners: Create Your Gluten Free Lifestyle for Vibrant Health, Wellness & Weight Loss (Gluten-Free Diet, Celiac Disease, Wheat Free, Cookbook Book 1) You, Pain Free: 6 Keys to Break Free of Chronic Pain and Get Your Life Back Exercises for Osteoporosis, Third Edition: A Safe and Effective Way to Build Bone Density and Muscle Strength and Improve Posture and Flexibility Gluten Free: Vegan Cookbook: Nutritious and Delicious, 100% Vegan + Gluten Free Recipes to Improve Your Health, Lose Weight, and Feel Amazing (Gluten Free Diet Cookbook, Gluten Intolerance Book 3) The Big Gluten-Free Bread Cookbook Vol. 1: Feel the Spirit in Your Little Kitchen with 500 Secret Holiday Bread Recipes! (Vegan Gluten Free Bread, Gluten ... Cookbook,..) (Gluten-Free Bread Territory)

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