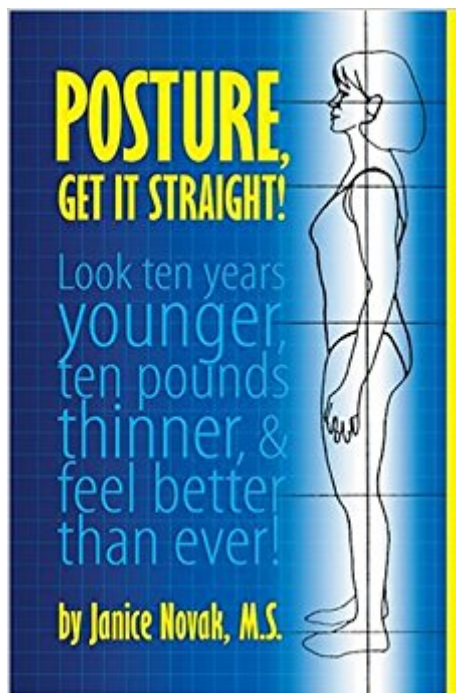




The book was found

Posture, Get It Straight! Look Ten Years Younger, Ten Pounds Thinner And Feel Better Than Ever



Synopsis

It's true - improving your posture can make important differences in the way you look and feel. Like many people, though, you may think that your posture is hopeless, especially after years of slouching, slumping, or working in positions that have strained your muscles and stressed your body. This fully illustrated guide shows you how to beat bad posture habits and demonstrates easy strengthening exercises that start working right away. Make yourself a promise to learn these simple techniques - and enjoy the rewards of better posture today!

Book Information

Paperback: 145 pages

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Average Customer Review: 4.6 out of 5 stars 44 customer reviews

Best Sellers Rank: #321,279 in Books (See Top 100 in Books) #24 in Books > Health, Fitness & Dieting > Aging > Exercise #68 in Books > Health, Fitness & Dieting > Exercise & Fitness > Injury Prevention #4660 in Books > Health, Fitness & Dieting > Diets & Weight Loss

Customer Reviews

"The results have far exceeded anything I could have imagined". --venatrix1, .com. 1/21/02
"The One Minute To Better Posture technique will transform your life instantly." --Joseph Dewey, .com, 5/22/05
"The results were immediate. Pain reduced about 80-90% and I look taller and slimmer as promised." --Amorteur, .com, 12/18/05

Janice Novak developed her unique posture program over fifteen years of working with individual clients and teaching thousands of workshops for hospitals, universities and community education programs. She holds a master's degree in health and physical education, and regularly does health segments for television, including a guest author appearance on the Oprah Winfrey Show. Janice has also produced a companion DVD.

Fantastic book that includes advice and exercises that are well-organized, concise, and easy to

follow. Furthermore, Mrs. Novak's willingness and helpfulness in reaching out to those who have questions regarding her books and advice is unparalleled. An all in all excellent resource.

This is an outstanding book and has been one of my best purchases. I am a professional nearing 50 and noticed how people with excellent posture automatically have a more authoritative presence. I was originally planning on purchasing lumbar supports and devices that would help me keep my shoulders back. I would have been disappointed. This book has enabled me to address the underlying issue of unused and/or undeveloped muscles. I have been doing the recommended exercises daily and already see improvement. The book is well written and provides great descriptions of how to do each exercise. I tote this book around with me as a reminder to keep up good habits and also to do various exercises throughout the day.

love the way this is set up. It would work much better if only I'd use it.

Contains some worthwhile information and exercises.

Review by Mrs Maral immediately started reading this book when it arrived (right on time or even early) and I find it excellent. It's concise, very clear and very well organized. The drawings are very helpful. It will help me keep the progress going that I obtained after 4 weeks of physical therapy! It's a book I would highly recommend to anyone with posture problems.

I love it because it works. I am an older women and without realizing it, my posture went down hill, had back pain. Using this book I have regained the good posture I once had. My back aches subsided.

This book is just what I needed to correct "computer neck" (jutting forward of the neck due to constant use of the computer). My orthopedic physician recommended similar exercises,

This is great information, that actually works! The exercises are simple and after doing them for a few days they make you feel so much better.

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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 Ten Years Younger: The Amazing Ten Week Plan to Look Better, Feel Better, and Turn Back the Clock How Not to Look Old: Fast and Effortless Ways to Look 10 Years Younger, 10 Pounds Lighter, 10 Times Better 10 Years Younger: Look Younger With Yoga Face Exercises, Get Rid of Wrinkles & Take 10 Years off Your Face in 8 Mins A Day (Health & Beauty Series Book 3) Younger You: Unlock the Hidden Power of Your Brain to Look and Feel 15 Years Younger How to Look Younger - Get Rid of Eye Wrinkles, Drooping Cheeks and Sagging Jowls Naturally: Six Easy Steps (How to Look Younger - Anti Aging Techniques That Work Book 1) Exercises for Perfect Posture: Stand Tall Program for Better Health Through Good Posture Ten Years Younger In A Weekend (Beauty And Fashion Secrets To Look Younger Naturally Book 1) The Paleo Cure: Eat Right for Your Genes, Body Type, and Personal Health Needs -- Prevent and Reverse Disease, Lose Weight Effortlessly, and Look and Feel Better than Ever The Greek Diet: Look and Feel like a Greek God or Goddess and Lose up to Ten Pounds in Two Weeks Age in Reverse: Look And Feel Younger, Be More Energetic, And Have Better Memory - Live A Long And Healthy Life Pain-Free Posture Handbook: 40 Dynamic Easy Exercises to Look and Feel Your Best The DHEA Breakthrough: Look Younger, Live Longer, Feel Better The Year One Challenge for Women: Thinner, Leaner, and Stronger Than Ever in 12 Months Young For Life: The Easy No-Diet, No-Sweat Plan to Look and Feel 10 Years Younger The Sugar Detox: Lose Weight, Feel Great, and Look Years Younger Younger (Thinner) You Diet:Â How Understanding Your Brain Chemistry Can Help You Lose Weight, Reverse Aging, and Fight Disease The Food Babe Way: Break Free from the Hidden Toxins in Your Food and Lose Weight, Look Years Younger, and Get Healthy in Just 21 Days! 10 FAT Rules: Losing weight to Look Better, Feel Better, Live Longer

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