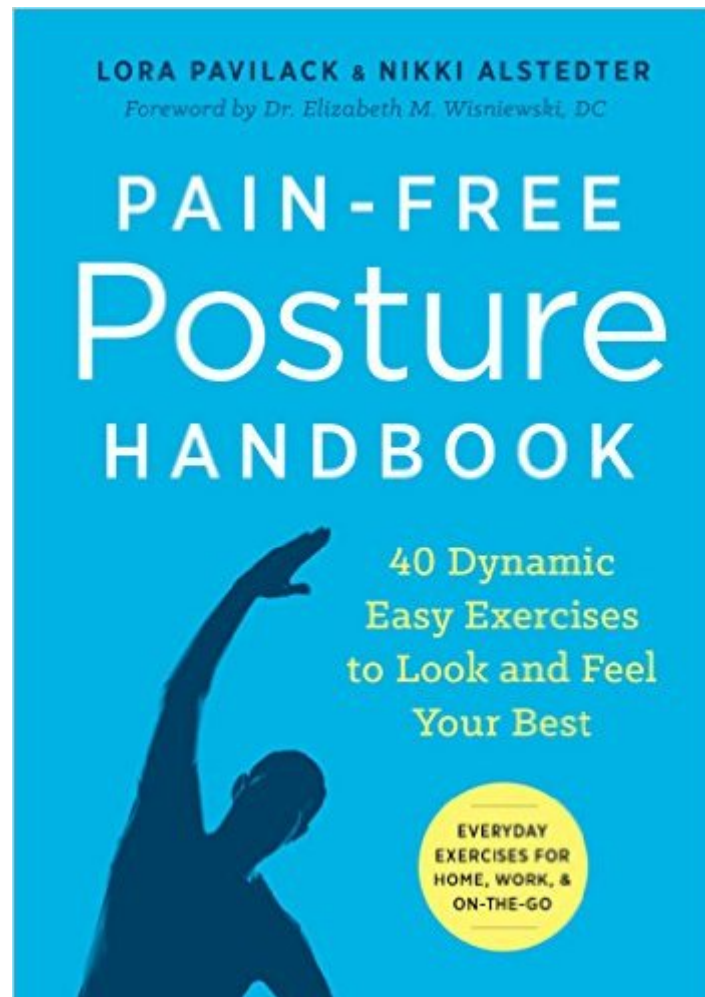


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# Pain-Free Posture Handbook: 40 Dynamic Easy Exercises To Look And Feel Your Best



## 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 movingâproperlyâthroughout your day, every day.

## Book Information

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Diseases & Physical Ailments > Backache

## Customer Reviews

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!!

Part 1 of the book describes good posture, explaining the role of breathing and body alignment for good health. Part 2 gives exercises to stretch and strengthen muscles, across the entire body, for a full range of motion and proper alignment. Descriptions of exercises are concise and very easy to follow, while clear diagrams accompany each exercise. The authors include exercises to do at home, at work, and for on-the-go (like travel and public spaces). As a mom, I particularly liked the movements to do in pregnancy and exercises to alleviate pain from carrying heavy objects (like toddlers!). It has been easy and natural to incorporate the strengthening exercise into my daily routine. I will continue to reference this handy book as needs arise! Very helpful! I received this product for free in exchange for my honest and unbiased review.

I have struggled for years regarding my posture and I am just so thankful that there is finally a book to HELP ME! And one that is not super technical and hard to understand. This book has such helpful tips and the illustrations make it so easy to understand. I travel constantly for work and there are even exercises that I can do on the plane and in the car. I highly recommend this book for anyone that wants to feel better!

As a personal trainer, one of the first things I look for in an exercise book is "Could this do harm?" Where Pain-Free Posture Handbook is concerned, the answer to that question is an emphatic "No". Sensible, clear, and practical, this book would be equally useful to habitual over-exercisers with tight muscles, office workers with bad work habits, sedentary students, retirees, and anyone in-between. This book will gently cultivate awareness of body and movement. Guidelines include ways to fit practice, toning, relaxation, balance, and fitness into daily life, making it possible for the busiest of people to prevent or recover from pain. Illustrations and instructions are lucid and easy to follow. A Pilates or Alexander Technique teacher or certified personal trainer might find it simplistic for personal use, but might find it a useful for clients and students -- and the availability of a Kindle edition means the book could always be at hand, making it excellent for those who travel for business or pleasure. I received this product for free in exchange for my honest and unbiased

review.

This little book has been such a powerful catalyst in changing my posture. I have suffered from back pain for years due to poor posture and I was beginning to feel that there wasn't anything I could do. I was wrong! This book broke down, in very simple and concise terms, the myths and facts of good and bad posture. This created a foundation for the rest of the book. The exercises and diagrams expanded upon this newly learned information. I understand how important breath is, and I have much greater appreciation of how interconnected certain muscles are and why if certain muscles are weak or tight they will affect posture. The exercises provided in the book are comprehensive and incredibly simple and effective. This book has changed my life.

Working 12 hour days sitting at a computer, I never realized just how much my posture was contributing to my fatigue and discomfort. As I read through the various chapters, I kept having "Ah-ha!" moments. The information is on point and detailed enough to help the reader understand how small changes in body mechanics can make a huge difference in how one feels overall. I appreciate that there are exercises that I can do in my chair, standing in my cube or in the breakroom to help align, strengthen and stretch. Other sections of the book target specific areas of the body with exercises more geared to doing at home – including before you get out of bed in the morning! I received this product at a discounted rate in exchange for my honest and unbiased review.

This book recommends a very complicated and time consuming program, without much explanation of why they recommend what they do, or suggestions on how to adapt the program for different people's needs.

This is an interesting book and one that pretty much everyone can use. Good posture is important. Lora Pavilack and Nikki Alstedter discuss why good posture is important and the problems that can occur as a result of bad posture. There are examples of how to have good posture throughout the day. The exercises in the book are easy to do without any special equipment. There are routines for pretty much any type of issue. I especially like the 2 minute exercise routine that you can do while brushing your teeth. I would like to see better illustrations or photos because the instructions are sometimes confusing. I received this product for free in exchange for my honest and unbiased opinion.

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