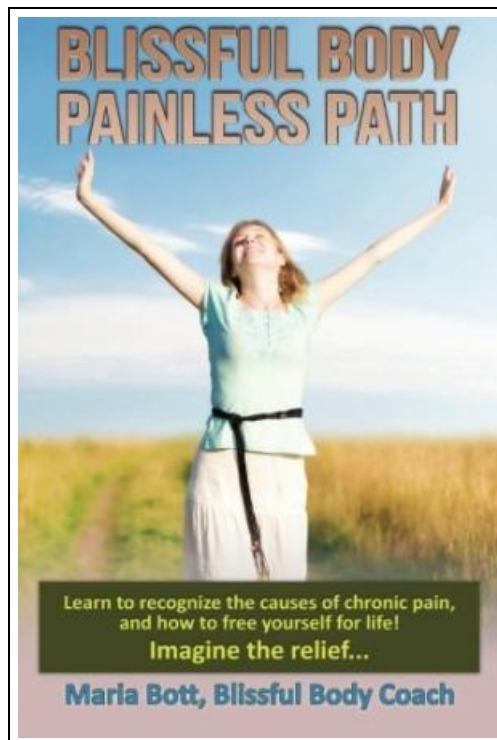


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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 178 pages. Dimensions: 9.0in. x 6.0in. x 0.4in. Living with chronic pain is practically normal in society today. Not the pain caused by a disease, a broken bone, or a torn ligament; but the nagging neck, back, or knee pain that can plague people for years! Having been born with a rare form of RA, Maria Bott is quite familiar with living in pain. Seeking solutions for chronic suffering was a personal quest, long before it became a career objective. In the beginning Maria helped victims of physical and emotional trauma with hypnotherapy. Then over the following three decades she added yoga therapy, personal training, and life coaching to her practice. Even the mildest chronic pain can make your life miserable. From middle-aged couch potatoes to teenage athletes, it can affect anyone at any time. My goal is to share solutions that relieve the suffering - not just manage it! HERES JUST A SAMPLE OF WHAT YOU'LL LEARN ABOUT IN THESE PAGES: 1. Ten steps to improving coordination, and how important it is to observe them all. 2. How its mind over matter that creates pain chains. 3. Understanding the true nature of habits. 4. Flexibility and agility. 5. Breathing as a power tool. 6. Gravity and posture. 7. Physical tension and mental stress. 8. The true benefits of yoga practice. 9. Exercise and working out. 10. How your diet impacts so much more than you could ever imagine! Perhaps youre drawn to this book to help a loved one suffering with chronic pain. Theres still much to learn here for yourself about prevention, as well as relief. Chronic pain is epidemic in the world today. There may not be one simple answer that will work for everyone....

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