

K.I.S.S. Keep it Safe & Simple: Basic guide for better posture, stronger core and easy movement



Book Review

This pdf can be worthy of a read, and much better than other. I am quite late in start reading this one, but better then never. Its been printed in an remarkably easy way which is merely following i finished reading this book by which basically changed me, alter the way i think.

(Nedra Kiehn)

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