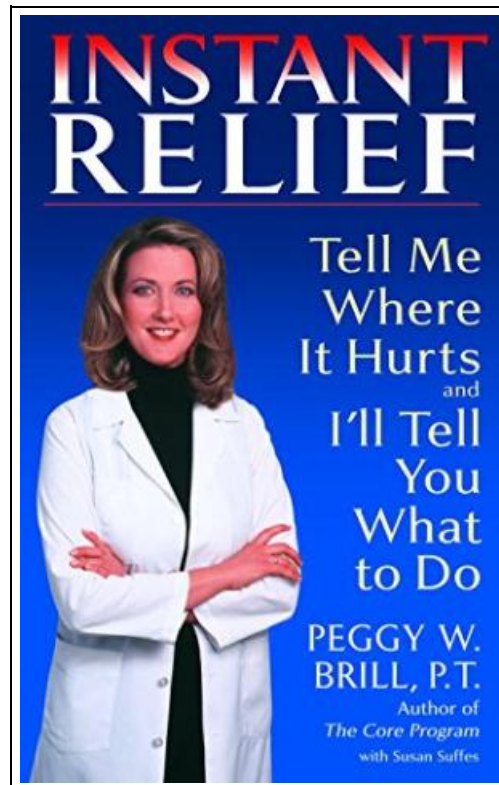


Instant Relief: Tell Me Where It Hurts and I'll Tell You What to Do



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Reviews

*Simply no terms to explain. I am quite late in start reading this one, but better then never. Its been written in an remarkably easy way and is particularly merely soon after i finished reading this book where basically changed me, affect the way i really believe.
(Prof. Jedediah Kuhic DVM)*

INSTANT RELIEF: TELL ME WHERE IT HURTS AND I LL TELL YOU WHAT TO DO



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Random House Publishing Group, United States, 2003. Paperback. Book Condition: New. 206 x 132 mm. Language: English . Brand New Book. A renowned physical therapist helps you get rid of your pain in just 10 seconds. In this one-of-a-kind book, Peggy Brill, acclaimed author of The Core Program, shows you how to find relief from chronic and everyday aches and pains as well as all those stress-related pains that can attack so suddenly whether you're at work, in a car or a plane, at home with your kids, recovering from surgery, or relaxing in bed. Instant Relief provides 100 clearly illustrated, easy-to-do 10-second exercises that provide immediate therapy for every part of your body from your head to your toes. Does your upper body ache after hours of hunching over a report due by the end of the day? Try doing the Brill Chicken. For extra relief there's the Dead Brill Chicken. Desperate to get rid of that tension headache? Try the Tongue Press, the Ear Tug, the Cheek Release, or the Scalp Glide. Is your lower back killing you? Do the Pelvic Rock or the Pelvic Clock. Feel those calves cramping up again? Do the Ankle Pump. Need something to relieve your aching feet? Try the Foot Dome, the Toe Lift, or a simple self-massage. Does your knee hurt when you walk downstairs? Do the Squeeze and Step.



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