



Move Without Pain

By Martha Peterson

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Move Without Pain By Martha Peterson

Unlearn the psychic and physical responses to stress that cause discomfort--in less than 15 minutes a day! These easy movements will relax and release chronically tight muscles, resulting in a more efficient, coordinated, and pain-free body. This gentle workout can be done anywhere, anytime, at any age.

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Editorial Review

About the Author

Martha Peterson, a Certified Hanna Somatic Educator, is a pain relief expert who has worked for three decades to teach people how to get rid of chronic back, neck, shoulder, and hip pain so they can move easily for the rest of their lives. She works with people of all ages who suffer from chronic pain and disability in her studio-both in Maplewood, New Jersey, and internationally. For more information about the author visit essentialsomatics.com.

Users Review

From reader reviews:

Muriel Carpenter:

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Roger Everman:

Information is provisions for people to get better life, information nowadays can get by anyone on everywhere. The information can be a information or any news even a problem. What people must be consider when those information which is within the former life are challenging to be find than now is taking seriously which one is appropriate to believe or which one the actual resource are convinced. If you receive the unstable resource then you understand it as your main information it will have huge disadvantage for you. All those possibilities will not happen throughout you if you take Move Without Pain as your daily resource information.

James Esparza:

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Mary Lamm:

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