



Pain-Free Posture Handbook: 40 Dynamic Easy Exercises to Look and Feel Your Best

Lora Pavilack, Nikki Alstedter

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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 moving—properly—throughout your day, every day.

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