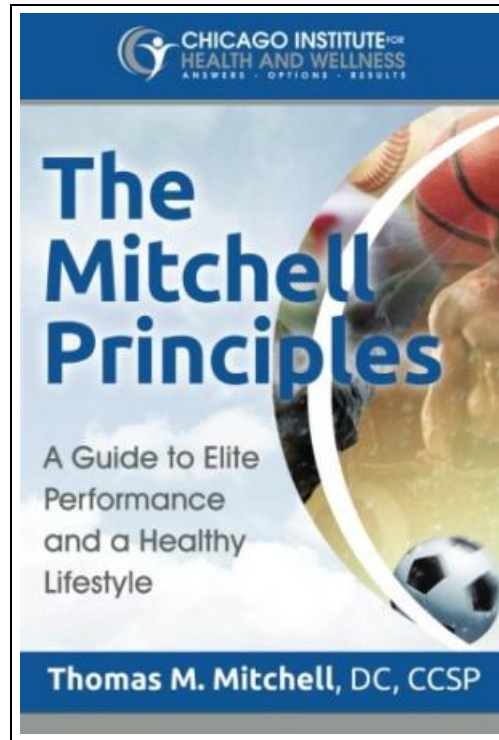


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Reviews

This publication is definitely not simple to begin on studying but quite fun to see. It really is full of knowledge and wisdom I am just effortlessly can get a satisfaction of studying a created pdf.
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THE MITCHELL PRINCIPLES: A GUIDE TO ELITE PERFORMANCE AND A HEALTHY LIFESTYLE



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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 160 pages. Dimensions: 9.0in. x 6.0in. x 0.4in. There are principles to optimizing performance. They are called The Mitchell Principles. Maybe you have always been a healthy, athletic individual or you are ready to take control of your life and be more proactive to maintain your body's ability to continue enjoying an active lifestyle. You may have suffered from a debilitating injury or your health just may not be where you know it should be and have yet to regain your full capability to perform. Perhaps you have tried so many different programs you have given up, disappointed time and again, if this describes you, The Mitchell Principles are the answers you have been searching for. Thomas M. Mitchell DC, CCSP, a highly respected sports chiropractor, health coach and champion power lifter, developed this program for you. Through his personal experiences he has created a blend of disciplines, treatment methodologies, and wellness protocols in sports medicine and beyond that continue to allow him to achieve powerlifting championships. This book is a primer for prevention and care of injury and is written in clear, concise language to walk you through every aspect of getting you where you want to be performing at your very best with a body that is more flexible, strong and pain-free than you ever imagined. It's easy to understand and provides case studies describing real patients experiencing real results from the program. I am driven by helping everyone get the best out of both their health and well-being, no matter what age, weight or medical condition they may have when they start. Thomas M. Mitchell, DC, CCSP The Mitchell Principles create a highly effective program that will benefit anyone that makes the choice...



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