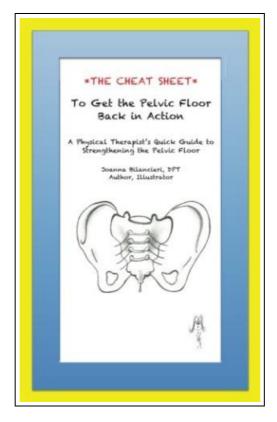
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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand *****. Haven t Got Time for the Full Read? Based on my publication Get the Pelvic Floor Back in Action, this quick Cheat Sheet aims to provide pelvic floor exercises and relaxation techniques that can assist in overcoming the leakage and overly frequent trips to the restroom associated with incontinence, and the pain and inability to fully empty the bladder due to excessive pelvic floor muscle tension. The exercises in The Cheat Sheet, like in my full book, can also help strengthen the pelvic floor muscles during and after pregnancy, and after child birth! The intent of my full text version is to share my clinical findings and gathered opinions that may be of benefit to others. If you would like to read about the details of diagnoses and success stories, please refer to my full text version, Get the Pelvic Floor Back in Action. If you already know the details of your condition and want to jump into some of the exercises that can assist with pelvic floor control, then jump in here.

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