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The Well-Tuned Body: Banish Back Pain with Gentle Exercises Based on the Alexander Technique: Banish Back Pain with Gentle Exercises Based on the Alexander Technique

By Penny Ingham

Summersdale Publishers, 2007. Taschenbuch. Condition: Neu. Unbenutzte Restauflage Unbenutzt. Schnelle Lieferung, Kartonverpackung. Abzugsfähige Rechnung. Bei Mehrfachbestellung werden die Versandkosten anteilig erstattet. - The human body is not made for sitting at a desk 40 hours a week. But when you're under pressure, the phone is ringing, there are e-mails to send, and meetings to attend, posture is the last thing you want to think about. This light-hearted but practical book offers easy and effective solutions to posture problems at home and at work, with illustrated exercises to help you break the bad habits and learn to relax your body. It will change the way you stand, walk, and sit, eliminating those painful stiff necks and backaches for a healthier life. You will not only be free of back pain but will move more easily and look more youthful, taller, and slimmer. 1 pp. Englisch.



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