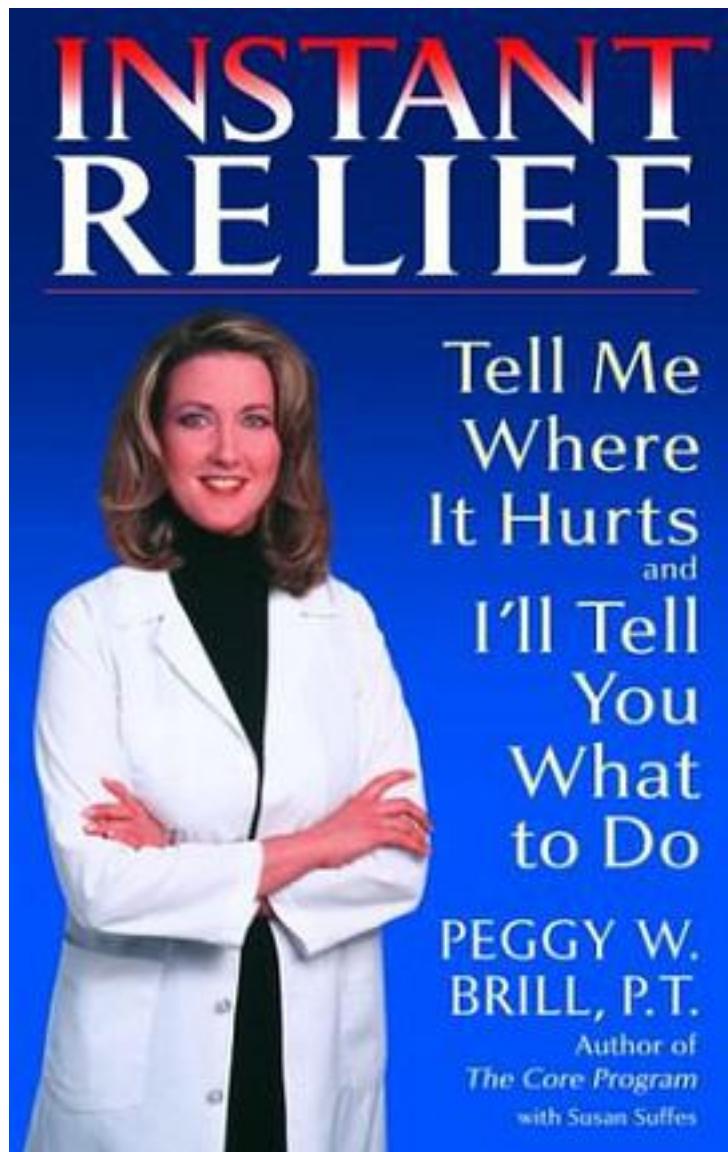


INSTANT RELIEF



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A renowned physical therapist helps you get rid of your pain in just 10 seconds.

In this one-of-a-kind book, Peggy Brill, acclaimed author of *The Core Program*, shows you how to find relief from chronic and everyday aches and pains as well as all those stress-related pains that can attack so suddenly--whether you're at work, in a car or a plane, at home with your kids, recovering from surgery, or relaxing in bed. *Instant Relief* provides 100 clearly illustrated, easy-to-do 10-second exercises that provide immediate therapy for every part of your body--from your head to your toes.

- Does your upper body ache after hours of hunching over a report due by the end of the day?

Try doing the Brill Chicken. For extra relief, there's the Dead Brill Chicken.

- Desperate to get rid of that tension headache?

Try the Tongue Press, the Ear Tug, the Cheek Release, or the Scalp Glide.

- Is your lower back killing you?

Do the Pelvic Rock or the Pelvic Clock.

- Feel those calves cramping up again? Do the Ankle Pump.
- Need something to relieve your aching feet?

Try the Foot Dome, the Toe Lift, or a simple self-massage.

- Does your knee hurt when you walk downstairs?

Do the Squeeze and Step.

作者介绍:

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