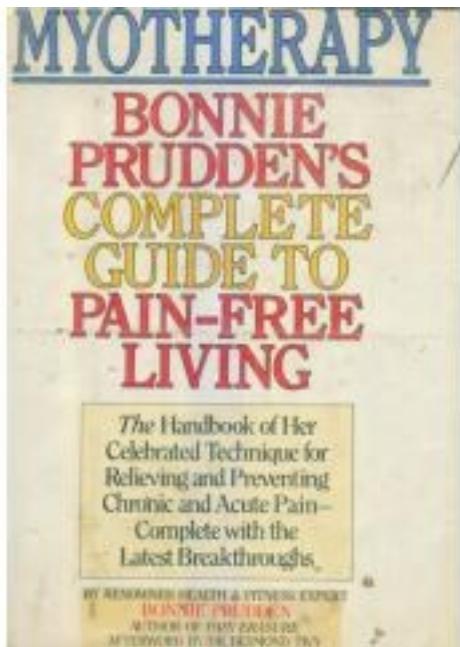


# Myotherapy: Bonnie Pruddens Complete Guide to Pain-Free Living



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America's #1 fitness expert will help you get rid of pain forever! Myotherapy -- muscle therapy -- is a safe, drug-free way to eliminate pain caused by stress, accidents, sports, disease, and job hazards. It is the cornerstone of Bonnie Prudden's total program for lifelong fitness, health, and freedom from pain. First, you'll learn the "Quick Fix" -- how to find and press your "trigger points" for immediate pain relief. Then, you'll be ready to begin a complete, head-to-toe, day-to-day program -- the "Permanent Fix" -- designed to re-educate your muscles, toning and stretching them to prevent the recurrence of pain. Prudden has developed exercises you can do at home, at work, while gardening, even while waiting for a bus. By making these

exercises an integral part of your life, you can enjoy pain-free living and slow down the aging process. Profusely illustrated with step-by-step exercises as well as detailed photographs and diagrams, Bonnie Prudden's Myotherapy is a state-of-the-art fitness program that anyone of any age can follow and enjoy. "The amazing thing is that it works!" -- Prevention Magazine

作者介绍:

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