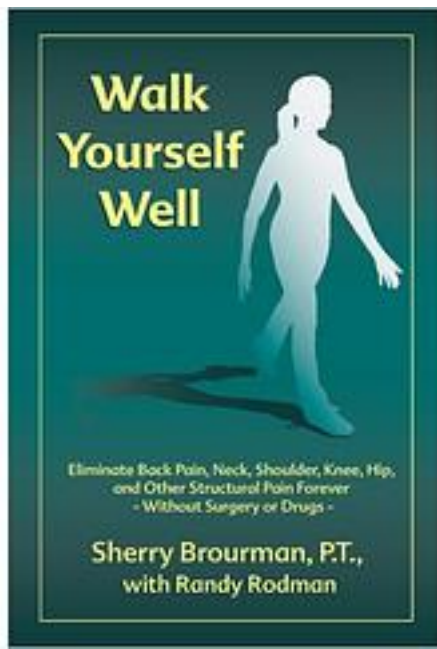


Walk Yourself Well



[Walk Yourself Well 下载链接1](#)

著者:Sherry Brouman

出版者:Sherry Brouman Physical Therapy

出版时间:1998-1

装帧:

isbn:9780974779119

We all know walking is great exercise. But how many people realize that walking even slightly askew (with movements that are repeated thousands of times a day) can cause an incredible amount of damage? Damage that may not be apparent until years of accumulated bad habits lead to greater vulnerability, severe pain and possible injury. In *Walk Yourself Well*, Sherry Brouman, a physical therapist with 25 years of experience and whose clients include Arnold Schwarzenegger, Maria Shriver, Paul M. Glaser, Ekaterina Gordeeva, and Al Joyner, shows how to free oneself from structural damage by using corrective walking techniques and simple exercises -- and without unnecessary surgery, drugs or bedrest. *Walk Yourself Well* shows readers how to use the body's natural motions to restore proper alignment and allow the body to strengthen in all the right places and remove pain and heal all by itself. Brouman's Primary

Movement Balancing program is fully illustrated, in an instructional format anyone can use at home. Brouman also shows how to introduce the same methods into daily activities, not just walking -- replacing painful patterns with healing ways to move, and enabling readers to develop healthier habits of movement.

作者介绍:

目录:

[Walk Yourself Well_下载链接1](#)

标签

评论

[Walk Yourself Well_下载链接1](#)

书评

[Walk Yourself Well_下载链接1](#)