



## **Pain-Free Posture Handbook: 40 Dynamic Easy Exercises to Look and Feel Your Best**

*Lora Pavilack, Nikki Alstedter, Elizabeth Wisniewski DC (Foreword)*

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**Transform your life and live pain free.**

Pilates instructors Lora and Nikki are leaders in their industry and have successfully helped thousands of people to reduce their back pain. The key? Movement.

Now, in this portable, posture-building guidebook, Lora and Nikki share their invaluable exercises and activities to help you develop a healthy spine and alleviate your pain. Learn how posture affects you physically *and* emotionally, and discover active methods for improving your alignment, reducing neck and back pain from overworked muscles, and finding your own natural posture.

Carry *The Pain-Free Posture Handbook* wherever you go for on-hand, expert advice, featuring easy-to-follow illustrations, posture-building techniques, and breathing exercises for practicing good posture.

*The Pain-Free Posture Handbook* features exercise and tips for:

**Home:** multi-task while doing your chores with these mindful movements

**Work:** make your work environment work for you with office-compatible exercises

**On the Go:** travel-friendly exercises keep you energized and aligned wherever you go. It's never too late to fix your posture. *The Pain-Free Posture Handbook* keeps you moving--properly--throughout your day, every day.

## **Pain-Free Posture Handbook: 40 Dynamic Easy Exercises to Look and Feel Your Best Details**

Date : Published May 17th 2016 by Althea Press

ISBN : 9781623157180

Author : Lora Pavilack , Nikki Alstedter , Elizabeth Wisniewski DC (Foreword)

Format : Paperback 164 pages

Genre : Nonfiction, Health, Sports and Games, Sports, Self Help

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## **From Reader Review Pain-Free Posture Handbook: 40 Dynamic Easy Exercises to Look and Feel Your Best for online ebook**

### **Svetlana says**

Very useful and practical.

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### **SOMDReigel says**

#### **PAIN-FREE POSTURE HANDBOOK – LORA PAVILACK & NIKKI ALSTEDTER**

I have struggled with back issues for 10 years now. First with bulging disc then 2 years ago a fracture. I have lived the past two years with constant back pain. I have never had good posture so that has not helped. You know, tall, skinny girl in school trying not to tower over everyone. As an adult, my friends turned out to be on the shorter side too. My husband is one inch taller than me and then add in high heel shoes to wear and yep, I'm tallest again – the horror! Now that I'm approaching 50 I'm tired of the pain and really don't care if I'm the tallest anymore (took a while to get to this point ha!) Enter the Pain-Free Posture Handbook that landed in my email to review. Great timing! This book will provide you with the knowledge and motivation to make a difference in not only your physical habits but your mind-set as well. Now I'm more aware of and correct my posture throughout the day. Developing good posture reduces pain and helps you become more balanced and active. “We have become a society that sits way too much. We sit at desks, in cars, and on couches, staring at screens from sunup to sundown. The human body is meant to move. We've become a society with a lot of pain, primarily in our backs & necks. Lower back pain is the single leading cause of disability nationwide.” “The solution to this problem is developing good, natural posture. You'll learn the proper way to sit, stand, walk, and carry. This handbook provides exercises to practice throughout the day. No fancy equipment needed. Very easy to understand and follow. There are links to a website and YouTube channel to watch their exercise videos, however they were not up at the time I was writing this review. The handbook explains the exercises clearly and with diagrams. Overall a very good handbook that I will use often. It has already helped with my standing and sitting postures. Very clear, explained well, and knowledgeable information. Side Note: As I'm writing this review I'm standing up! “I received this product for free in exchange for my honest and unbiased review.”

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### **Jitka Egressy says**

Very good basics. For everyone! Just try it....

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### **Louise says**

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This is a well written book. Maybe it will be my motivation to exercise again. Thank you for the encouragement to get pain free.

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**Barbara M says**

It's a good review of exercises to do to maintain your back, neck, shoulders and posture. The difficulty I had with the book is that I find it hard to read about exercises. I do much better actually seeing the exercises done - i.e. video. The book does have a reference to a youtube site which I will check out. I think that will better help me understand the exercises.

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**Rachel says**

Very useful, visual guide to correcting and maintaining posture. Sorted into handy sections and easy to follow, this book also explains the importance of good posture and helps overcome modern day barriers to stretching.

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**Penny Tunnell says****Highly recommend!**

Simple, straightforward, and do-able. Great for beginners, couch potatoes, and those who have been too busy to notice posture decline.

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**Ro says**

good helpful book. Clearly Illustrated well explained exercises. a nice supplement to physical therapy exercises very helpful for office workers, as there is a whole section on exercises one can do in an office chair

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**Donna says**

A clear and easy to understand posture advice and exercises. Many of the exercises are the same as the ones prescribed by my expensive physiotherapist, so I would recommend giving them a try if you have back pain.

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**Esmeralda Campo says**

Me gustó la forma como detalla los ejercicios y las opciones que da para realizarlos en cualquier momento, sin equipos ni horarios complicados. Lo recomiendo

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**Melanie Byrnes says**

**Good posture**

Provides illustrations, many good exercises, and specific explanations for improving posture. A good book for those of us needing some help with good posture

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