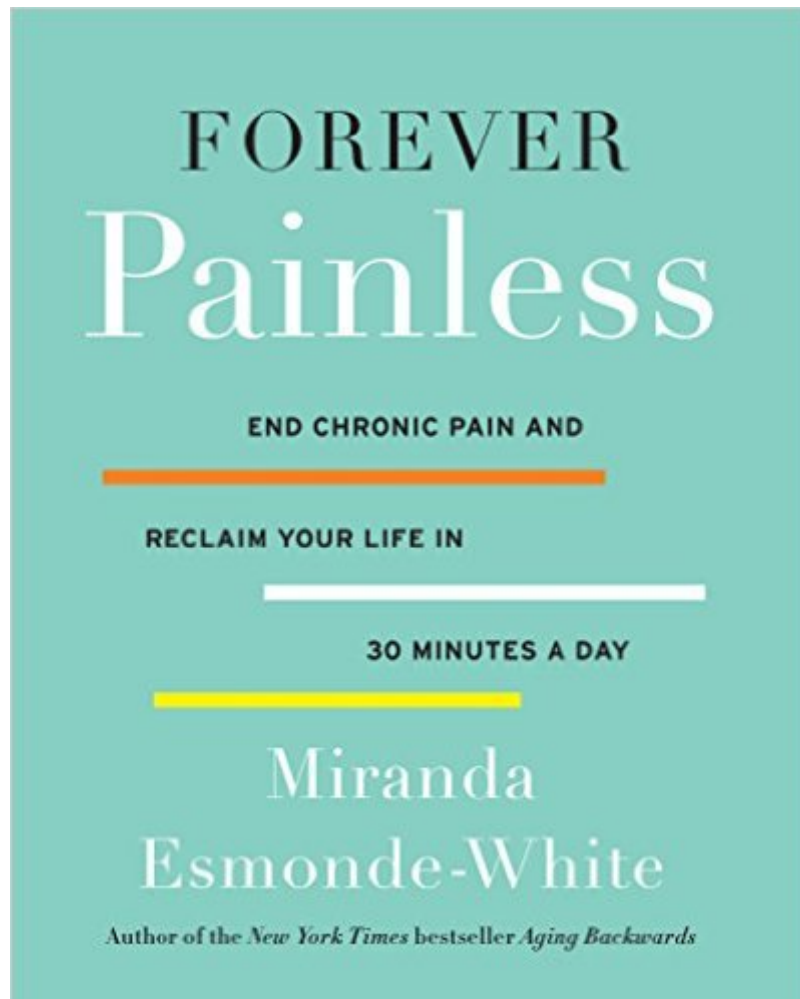


The book was found

Forever Painless: End Chronic Pain And Reclaim Your Life In 30 Minutes A Day



Synopsis

End chronic painâ ”for goodâ ”with this practical guide from the PBS personality behind Classical Stretch and author of the New York Times bestseller *Aging Backwards*. Chronic pain is the most common cause of long-term disability in the United States. Twenty percent of American adults accept back spasms, throbbing joints, arthritis aches, and other physical pain as an inevitable consequence of aging, illness, or injury. But the human body is not meant to endure chronic pain. Miranda Esmonde-White has spent decades helping professional athletes, ballet dancers, and Olympians overcome potentially career-ending injuries and guiding MS patients and cancer survivors toward pain-free mobility. Now, in *Forever Painless*, she shows everyone how to heal their aching bodies and live pain free. The root of nearly all pain is movementâ ”or lack thereof. We need to move our bodies to refresh, nourish, and revitalize our cells. Without physical activity, our cells become stagnant and decay, accelerating the aging process and causing pain. People who suffer chronic pain often become sedentary, afraid that movement and activity will make things worse, when just the opposite is true: movement is essential to healing. In *Forever Painless*, Miranda provides detailed instructions for gentle exercise designed to ease discomfort in the feet and ankles, knees, hips, back, and neckâ ”allowing anyone to live happier, healthier, and pain-free no matter their age.

Book Information

Hardcover: 320 pages

Publisher: Harper Wave (November 15, 2016)

Language: English

ISBN-10: 0062448668

ISBN-13: 978-0062448668

Product Dimensions: 7.4 x 1 x 9.1 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Best Sellers Rank: #93,469 in Books (See Top 100 in Books) #36 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Quick Workouts #147 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management #271 inÂ Books > Medical Books > Pharmacology

[Download to continue reading...](#)

Forever Painless: End Chronic Pain and Reclaim Your Life in 30 Minutes a Day Algebra Sin Dolor: Painless Algebra, Spanish Edition (Painless Series) Painless Vocabulary (Painless Series) Painless

Grammar (Painless Series) Painless American Government (Painless Series) Painless Spelling (Painless Series) Painless Junior: Grammar (Barron's Painless Junior Series) Anti Inflammatory Diet: How To End Chronic Pain Forever and Heal Your Body Naturally (delicious anti-inflammatory recipe cookbook with 14 day meal plan) Life Without Pain: Free Yourself from Chronic Back Pain, Headache, Arthritis Pain, and More, Without Surgery or Narcotic Drugs The Pain Cure: The Proven Medical Program That Helps End Your Chronic Pain Defeat Chronic Pain Now!: Groundbreaking Strategies for Eliminating the Pain of Arthritis, Back and Neck Conditions, Migraines, Diabetic Neuropathy, and Chronic Illness Brain Inflammation in Chronic Pain, Migraine and Fibromyalgia: The Paradigm-Shifting Guide for Doctors and Patients Dealing with Chronic Pain (Inflammation Mastery & Functional Inflammology) The Better Bladder Book: A Holistic Approach to Healing Interstitial Cystitis & Chronic Pelvic Pain[THE BETTER BLADDER BOOK: A HOLISTIC APPROACH TO HEALING INTERSTITIAL CYSTITIS & CHRONIC PELVIC PAIN] by Cohan, Wendy (Author) on Nov-09-2010 Paperback Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) The MELT Method: A Breakthrough Self-Treatment System to Eliminate Chronic Pain, Erase the Signs of Aging, and Feel Fantastic in Just 10 Minutes a Day! The MELT Method (Enhanced Edition): A Breakthrough Self-Treatment System to Eliminate Chronic Pain, Erase the Signs of Aging, and Feel Fantastic in Just 10 Minutes a Day! MARIJUANA: Guide To Illness And Pain Management (Medical Marijuana, Pain Management, Cannabis, Epilepsy, Cancer Treatment, Chronic Pain) Joint Pain No More: How to Effectively Eliminate Pain and ease your Aches! (Pain Management, Muscle Pain, sports injury) Bulletproof Diet Cookbook For Beginners: Quick and Easy Recipes and Smoothies to Lose Fat and Increase Energy (Lose Up To A Pound A Day, Reclaim Energy and Focus, End Food Cravings) No Grain, No Pain: A 30-Day Diet for Eliminating the Root Cause of Chronic Pain

[Dmca](#)