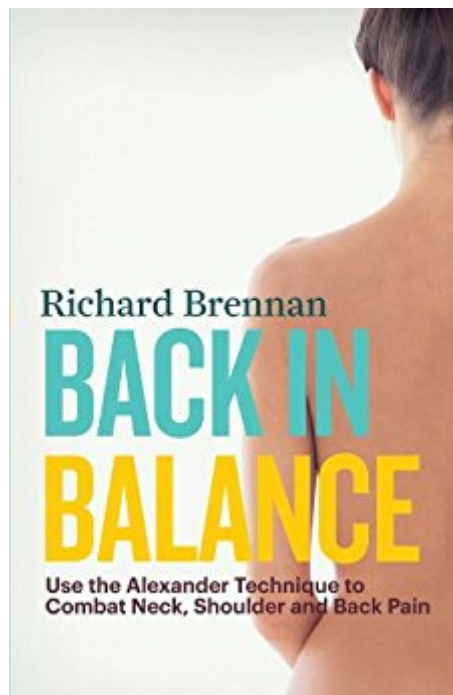




The book was found

# Back In Balance: Use The Alexander Technique To Combat Neck, Shoulder And Back Pain



## Synopsis

According to recent figures, back pain has now reached epidemic proportions with millions of people across the globe experiencing severe muscular pain every year - in fact, over 4 million people now input 'lower back pain' into Google every month. Most are suffering completely unnecessarily, as the root cause of their pain stems primarily from poor postural habits while performing everyday actions. In the last decade alone, the number of people in the UK who have suffered from back pain has risen to nearly 50% of the population. But help is at hand with *Back in Balance*, an easy-to-understand practical book designed to help readers discover the cause of their own individual back problem and offer them an effective and lasting solution to their suffering. This essential guide draws on many of the principles of the Alexander Technique, a practical way of releasing muscular tension throughout the body. Helping the reader to discover how their posture and movements may be having a detrimental effect on their health, this guide offers new ways of performing daily activities, with the aim of reducing muscular tension and stress on the bones and joints - and making their lives pain free.

## Book Information

File Size: 1009 KB

Print Length: 192 pages

Publisher: Watkins Publishing; 1 edition (June 6, 2013)

Publication Date: June 6, 2013

Sold by:Â Penguin Random House Publisher Services

Language: English

ASIN: B00FIMWFB2

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #352,639 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #74

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## Customer Reviews

I have about 10 books on AT by different authors. Four of the books are by Richard Brennan and they are, by far, the best. Richard Brennan's books are the only ones that do not bore me. His writing style flows wonderfully and he knows when to turn the switch and talk about the subject viewing it from a different angle. I can read a book by Richard Brennan in one day, while I have had to take several days to read other AT books by other authors. I am currently taking private AT classes and it was thanks to Richard Brennan's books that I decided to take the jump.

This is my umpteenth Alexander technique book, and the first one where I actually understood how it works! (I guess previous explanations just didn't fit into my mindset.) Putting it into practice while reading it on the subway, I felt the muscle tension disappear and experienced instant headache relief.

Interesting point of view. It is worth to investigate the benefits.

The pillow advice and the lying-down-position advice alone are worth the price of the book. I haven't been able to investigate in further detail, but I definitely recommend it so far.

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Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1)  
8 Steps to a Pain-Free Back: Natural Posture Solutions for Pain in the Back, Neck, Shoulder, Hip, Knee, and Foot  
7 Steps to a Pain-Free Life: How to Rapidly Relieve Back, Neck, and Shoulder Pain  
The Pain-Free Program: A Proven Method to Relieve Back, Neck, Shoulder, and Joint Pain  
Walk Yourself Well: Eliminate Back Pain, Neck, Shoulder, Knee, Hip and Other Structural Pain  
Forever-Without Surgery or Drugs  
50 Dry Rubs for Pork Shoulder: BBQ Pork Shoulder Recipes, Pork Shoulder Seasoning, Oven & Crock Pot Marinade  
Walk Yourself Well: Eliminate Back, Neck, Shoulder, Knee, Hip, and Other Structural Pain  
Forever - Without Surgery or Drugs  
Fixing You: Neck Pain & Headaches: Self-Treatment for healing Neck pain and headaches due to Bulging Disks, Degenerative Disks, and other diagnoses.  
The Back Pain Book: A Self-Help Guide for the Daily Relief of Neck and Low Back Pain  
Combat Headaches: A chiropractor's advice for those who

suffer from migraines, jaw pain, sinus pain and/or tension headaches (Combat Dis-Ease) (Volume 2) Relief from Head, Neck and Shoulder Pain Neck Check: Chronic Neck Pain Relief Once and For All (Super Spine) 7 Steps to a Pain-Free Life : How to Rapidly Relieve Back and Neck Pain Using the McKenzie Method 7 Steps to a Pain-Free Life: How to Rapidly Relieve Back and Neck Pain Healthy Shoulder Handbook: 100 Exercises for Treating and Preventing Frozen Shoulder, Rotator Cuff and other Common Injuries We Were One: Shoulder-to-Shoulder with the Marines Who Took Fallujah Do You Really Need Back Surgery?: A Surgeon's Guide to Neck and Back Pain and How to Choose Your Treatment Back Care Basics: A Doctor's Gentle Yoga Program for Back and Neck Pain Relief 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)

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