



## Pain Free: A Revolutionary Method for Stopping Chronic Pain

By Pete Egoscue

Random House USA Inc, United States, 2000. Paperback. Book Condition: New. Reprint. 226 x 150 mm. Language: English . Brand New Book. Starting today, you don t have to live in pain. That is the revolutionary message of this breakthrough system for eliminating chronic pain without drugs, surgery, or expensive physical therapy. Developed by Pete Egoscue, a nationally renowned physiologist and sports injury consultant to some of today s top athletes, the Egoscue Method has an astounding 95 percent success rate. The key is a series of gentle exercises and carefully constructed stretches called E-cises. Inside you ll find detailed photographs and step-by-step instructions for dozens of e-cises specifically designed to provide quick and lasting relief of: Lower back pain, hip problems, sciatica, and bad knees Carpal tunnel syndrome and even some forms of arthritis Migraines and other headaches, stiff neck, fatigue, sinus problems, vertigo, and TMJ Shin splints, varicose veins, sprained or weak ankles, and many foot ailments Bursitis, tendinitis, and rotator cuff problems Plus special preventive programs for maintaining health through the entire body. With this book in hand, you re on your way to regaining the greatest gift of all: a pain-free body! the help of Pete...



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### **Fox and His Friends**

Penguin Books Australia, Australia, 1994. Paperback. Book Condition: New. James Marshall (illustrator). Reprint. 224 x 150 mm. Language: English . Brand New Book. Using their cache of already published easy-to-read books, Puffin launched their Easy-to-Read program. Favorite stories by such beloved authors...

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### **Children s Rights (Dodo Press)**

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Kate Douglas Wiggin, nee Smith (1856-1923) was an American children s author and educator. She was born in Philadelphia,...

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### **And You Know You Should Be Glad**

HarperCollins Publishers Inc, United States, 2014. Paperback. Book Condition: New. Reprint. 201 x 132 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A highly personal and moving true story of friend-ship and remembrance from the New York Times bestselling...

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### **Chicken Licken - Read it Yourself with Ladybird: Level 2**

Penguin Books Ltd, United Kingdom, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. In this classic fairy tale, a nut falls on Chicken Licken s head and he decides he must tell the king that...

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### **Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 3: The Sing Song (Hardback)**

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 176 x 150 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It is based on Oxford Reading Tree which...

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### **You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most**

Sourcebooks, Inc. Paperback / softback. Book Condition: new. BRAND NEW, You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most, Patricia Hermes, Thirteen-year-old Sarah Morrow doesn't think much of the fact that her mother winced a little...