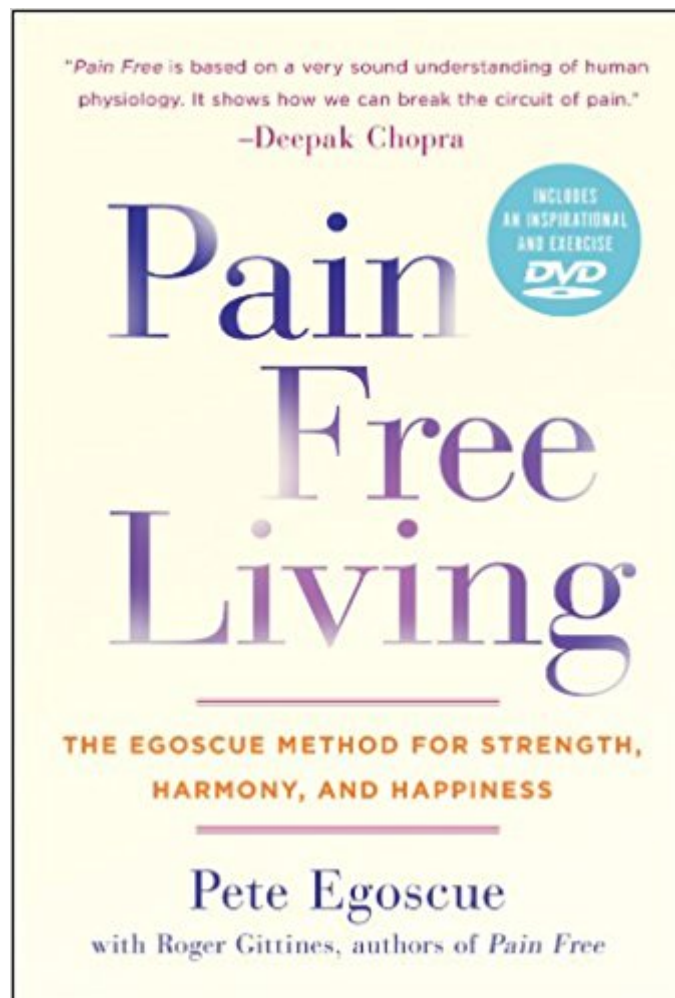




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# Pain Free Living: The Egoscue Method For Strength, Harmony, And Happiness



## Synopsis

"The Egoscue Method-my life's work-delivers results because it rests on trust that stems from how the patient really feels. Those feelings are always right." • Pete Egoscue takes his world-renowned program of postural therapy--which treats chronic musculoskeletal pain without drugs, surgery, or manipulation--to a whole new level. Using Eastern religions as a guide, he explores the mental and emotional, as well as physiological, processes of his Method. Egoscue's unique system has transformed the well being of hundreds of thousands of people through personalized stretches and exercises that strengthen specific muscles, restore proper alignment, and leave the body feeling the way it was designed to be: pain free.

## Book Information

Paperback: 176 pages

Publisher: Sterling Ethos; Pap/DVD Or edition (June 14, 2011)

Language: English

ISBN-10: 1402786433

ISBN-13: 978-1402786433

Product Dimensions: 0.8 x 6 x 9 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 34 customer reviews

Best Sellers Rank: #128,868 in Books (See Top 100 in Books) #19 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Pain #159 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management #264 in Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation

## Customer Reviews

Pete Egoscue has established more than 25 clinics internationally, with corporate headquarters in San Diego, California--and The Egoscue Method® is the world leader in non-medical pain relief. He is the author of four books, including the best selling Pain Free and host of the talk radio show of the same name.

I have been a fan of Pete Egoscue's for over 6 years. His e-cises are excellent and will keep one "Pain Free". Pain Free Living has additional menu's plus a DVD..all are excellent. I would highly recommend this book, but would suggest that they read both "Health through Motion" and "Pain Free" first.

His basic concepts are great and inspiring about how to restructure the body. Working with his method to help with arthritic knees. Hard work but may be paying off by realigning my body with basic exercises.

Incredibly simple solutions to basic problems, and a must try alternative to ANY joint surgery, which is why your AMA people won't even suggest it.

This book has been so helpful to me. I have given several copies to others also. Most exercises are easy to do. I experienced foot pain and saw my podiatrist. However, later I found simple exercises in the book. I learned that the last resort surgery which I wanted to avoid would not have had great results and would not have truly solved the problem. Our every day life tends to misuse bones and muscles. This book helps you put things back in place without invasive treatments.

Beautifully thought out and well-written ideas about the human body/mind. Original book came with DVD (which I was not able to copy with my library loan . . .) In any case, DVD was not sold with volume I purchased. Might have missed that note on purchase page. Thinking the DVD would be of great help. Will find similar Escogué on YouTube instead. Pleased that I made the purchase because Mr Escogué's reputation to help seems spot on.

As soon as I read the book and did some of the exercises, my pain went away. Keep your posture correct and you will be amazed. Stay away from surgery!

After many years of back and neck pain from many car accidents, and construction work, I have found real relief in doing the exercises in this book. I've been doing them for 2 months, now. I intend to keep them in my daily routine for the rest of my life. Buy the book, read the book, do the book. After a few sessions and you are enjoying the benefits, don't thank me, thank the author.

I had been doing the Escogué exercises for a few weeks before purchasing the book and was already getting great results. The book, however, spoke about the mind/body side of pain. After reading, I had the tools to let go of negative thoughts that were contributing to my pain. I am walking straighter and on some days, no pain at all.

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