



Straighter, Stronger, Leaner, Longer: A Head-to-Toe Strengthening, Stretching, and Pain-Relieving Program

Renee Daniels, Janice Billingsley

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Stop aches and pains with this effective new therapeutic exercise plan.

Who doesn't suffer from chronic aches and pains in the neck, back, shoulders, knees, or elsewhere? In *Straighter, Stronger, Leaner, Longer*, medical exercise specialist and personal trainer Renee Daniels presents her fullbody strengthening and alignment program for rehabilitating injuries and strengthening and toning bodies. She explains why proper alignment is the key to a strong, healthy body, and how our daily habits, from sitting at a desk at work to carrying a baby on one hip all day to spending long hours sitting behind the wheel of a car, can contribute to muscle weaknesses and misalignments, leading to aches and pains.

Straighter, Stronger, Leaner, Longer will help readers find relief by showing them how to assess their own posture and movements, which may be causing pain, and by providing them with a personalized exercise program to treat problem areas.

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This Straighter, Stronger, Leaner, Longer: A Head-to-Toe Strengthening, Stretching, and Pain-Relieving Program is a brand new way for you who has curiosity to look for some information since it relieves your hunger associated with. Getting deeper you upon it getting knowledge more you know or you who still having bit of digest in reading this Straighter, Stronger, Leaner, Longer: A Head-to-Toe Strengthening, Stretching, and Pain-Relieving Program can be the light food to suit your needs because the information inside this kind of book is easy to get through anyone. These books develop themselves in the form which can be reachable by anyone, yep I mean in the e-book form. People who think that in guide form make them feel tired even dizzy this guide is the answer. So there is not any in reading a guide especially this one. You can find what you are looking for. It should be here for you actually. So, don't miss the item! Just read this e-book style for your better life and knowledge.

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