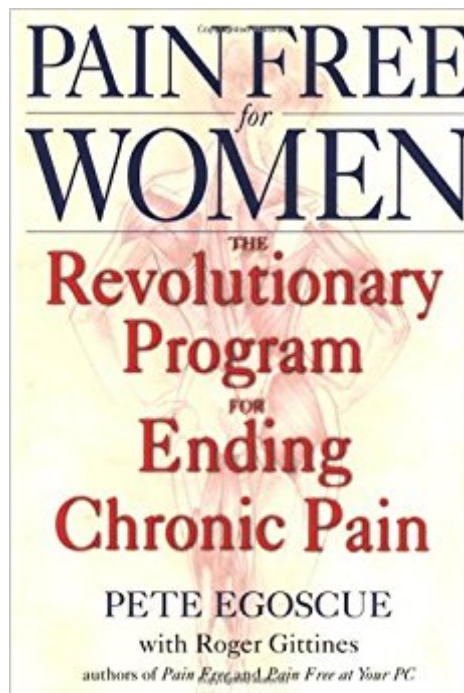




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Pain Free For Women: The Revolutionary Program For Ending Chronic Pain



Synopsis

“Women today not only deserve but should expect a pain-free, active lifestyle, no matter their age, no matter their previous experience.”

Pain Free for Women

In his famed San Diego clinic, Pete Egoscue has taught women of all ages and from all walks of life how to use the Egoscue Method for safe, effective, and permanent relief from chronic pain without prescription painkillers, physical therapy, or invasive surgery. Now he shares his specially adapted “Pain Free” program for women to use at home. Whether you suffer from back or neck pain, joint discomfort or sore knees, or need more stamina, improved balance, and extra strength, here is a revolutionary and proven approach to self-care that promises optimal health through a simple set of exercises that will transform the way you move and feel — forever!

Egoscue shows women how to take back their bodies by recovering and restoring a precious health asset — full, free, flexible motion — that he believes has been drastically reduced by our modern lifestyle. As Egoscue explains, motion not only develops a woman’s body but also maintains and rejuvenates it. Yet as her motion-deprived muscles disengage and weaken, it is common for a woman’s body to lose alignment, leading to repetitive stress injuries, persistent pain, and general bad health. Even the simplest activities — how she sits, stands, walks, works, lifts, and sleeps — can trigger problems. Focusing on proper alignment, posture, and muscle engagement, Egoscue provides simple but powerful techniques to restore flexibility and function while at the same time boosting energy, revving up the immune system, even raising the body’s metabolic rate. The remarkable “E-cises” included within have also been linked to improved ability to fight disease, cope with aging, and recover from accidents and injuries. The “miracle” cure Egoscue offers is, simply, correct motion. Organized by the seasons of a woman’s life, *Pain Free for Women* pays particular attention to age-specific concerns such as puberty, childbirth, and menopause, as well as special issues such as arthritis, PMS, and depression. At the same time, Egoscue shows how women can build a framework of healthy movement that will prevent illness and maintain pain-free good health throughout the journey of life. According to Egoscue, reversing the effects of poor musculoskeletal fitness provides astonishing benefits, including:

- Better balance, posture, and breathing, as well as increased resiliency
- Effective and safe weight management
- Healthy bone density and visual acuity
- Heightened sex drive
- Delayed symptoms of aging
- Peace of mind and general tranquility

Extensively illustrated to demonstrate proper placement, posture, and movement, *Pain Free for Women* offers women of every age the possibility of feeling better than ever before. From the Hardcover edition.

Book Information

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Customer Reviews

Women from every walk of life praise the Pain Free advantage: “Thanks to Pete Egoscue, I’ve been pain free for ten years. But even more important, the Egoscue Method has empowered me with the tools to stay that way! It’s freedom in the truest sense of the word.” • Carol LeBeau, news anchor and health reporter, KGT-TV, San Diego
“I was an eleven-year-old aspiring athlete when I first started working with Pete Egoscue. At eighteen, I made tennis history by winning nine straight matches to become the first woman qualifier to get to the semifinals at Wimbledon, a feat only John McEnroe had performed in men’s tennis. What a season! The Egoscue Method is a gift to women in every season of their lives.” • Alexandra Stevenson, professional tennis player
“Pain Free for Women answers the many questions I have about my health and my children’s well-being. It has encouraged me to trust my instincts as a mom and to take charge of my family’s health.” • Linda Lynch, former professional tennis player and mother of two
“When I first met Pete Egoscue, I had just had my fourth baby by C-section and was in the hospital recovering from emergency back surgery. I was so weak that I would lie on a futon in the family room as my children played around me! At twenty-nine, I didn’t think I would ever be able to play and be active again. Pete and the Egoscue Method showed me how wrong I was! Not only did Pete rehabilitate me and take me out of the severe pain I had dealt with for years, he enabled me to enjoy activities I never could in the past, such as riding horses, playing tennis,

soccer, and basketball, running, and practicing yoga. I cannot rave enough about the Egoscue Method. Anyone who is in pain can change their life • it has been proven! • Sonia Jones, former model and mother of four • “Pete Egoscue changed my life in the most positive ways imaginable. Pain Free for Women is a must read for women of all ages • it’s a brilliant blueprint for enhancing the quality of one’s life. • Sheila Grant, arts patron, cofounder of a regional ballet in Texas, and civic leader

From the Hardcover edition.

"Women today not only deserve but should expect a pain-free, active lifestyle, no matter their age, no matter their previous experience." Pain Free for Women In his famed San Diego clinic, Pete Egoscue has taught women of all ages and from all walks of life how to use the Egoscue Method for safe, effective, and permanent relief from chronic pain without prescription painkillers, physical therapy, or invasive surgery. Now he shares his specially adapted "Pain Free" program for women to use at home. Whether you suffer from back or neck pain, joint discomfort or sore knees, or need more stamina, improved balance, and extra strength, here is a revolutionary and proven approach to self-care that promises optimal health through a simple set of exercises that will transform the way you move and feel -- forever! Egoscue shows women how to take back their bodies by recovering and restoring a precious health asset -- full, free, flexible motion -- that he believes has been drastically reduced by our modern lifestyle. As Egoscue explains, motion not only develops a woman's body but also maintains and rejuvenates it. Yet as her motion-deprived muscles disengage and weaken, it is common for a woman's body to lose alignment, leading to repetitive stress injuries, persistent pain, and general bad health. Even the simplest activities -- how she sits, stands, walks, works, lifts, and sleeps -- can trigger problems. Focusing on proper alignment, posture, and muscle engagement, Egoscue provides simple but powerful techniques to restore flexibility and function while at the same time boosting energy, revving up the immune system, even raising the body's metabolic rate. The remarkable "E-cises" included within have also been linked to improved ability to fight disease, cope with aging, and recover from accidents and injuries. The "miracle" cure Egoscue offers is, simply, correct motion. Organized by the seasons of a woman's life, Pain Free for Women pays particular attention to age-specific concerns such as puberty, childbirth, and menopause, as well as special issues such as arthritis, PMS, and depression. At the same time, Egoscue shows how women can build a framework of healthy movement that will prevent illness and maintain pain-free good health throughout the journey of life. According to Egoscue, reversing the effects of poor musculoskeletal fitness provides astonishing benefits,

including: -Better balance, posture, and breathing, as well as increased resiliency-Effective and safe weight management-Healthy bone density and visual acuity-Heightened sex drive-Delayed symptoms of aging-Peace of mind and general tranquility Extensively illustrated to demonstrate proper placement, posture, and movement, Pain Free for Women offers women of every age the possibility of feeling better than ever before. "From the Hardcover edition.

This book has been helpful with descriptions of exercises that can be done easily at home which have eliminated my lower back pain. It has taken a few months but progress was initially noted with better sleep. I am now able to bend over at the waist to pick up items on the floor and not be concerned about being able to stand up straight.

I found a copy of one of Peter Egoscue's books in the waiting room of a alternative health practitioner and evaluated it thoroughly before I that one from . I was looking for something to help my son who is having a bout of excruciating back pain that mostly radiates into his ankle. He's had the steroid shots and is doing better, but he wants to avoid further problems and perhaps eventually surgery. I bought The Egoscue Method of Health Through Motion for him.I hope it will help him, I believe this one, also by Peter Egoscue will help me too, especially as I continue to build a habit of doing these extremely easy, no cost exercises to teach my body to re-alignn itself. Anyone can do it and this book also explains how much physical activity in childhood adds to strength and health in late adult life. Mr. Egosque says that older people have a better chance of recuperating using his techniques than younger ones who have been sedentary in childhood. He speaks of the bones, joints, ligaments, and also the organs which are dependent on physical activity from childhood on. I'd love to see mothers read it as well.

This book was a lifesaver for me! I use the exercises every day. I originally left a review on the Australian website, but want to post here as well.I highly recommend this book for anyone suffering chronic pain.

My wife is doing this exercise regimen and the results have been excellent with a reduction of chronic fatigue as well as pain. The movements are very gentle and do not require strength or stamina initially. It has been a life changer!

Wonderful and useful book. Egoscue's knowledge of human anatomy and how the body can

become more functional is invaluable to all of us.

In a nutshell, do more yoga. But the information early in the book about anatomy, the hows and whys we have the pain that we do, is very informative and interesting.

Pete Egoscue saved me from pain 13 years ago. This book is a great resource for women with lots of exercises to get you started improving your posture, thus decreasing pain and increasing energy.

This was a good introduction to the Egoscue method of healing. However, it also showed me that I would not do very well following directions and pictures on my own. So I found a nearby Egoscue Center and signed up for 8 sessions. It really is a wonderful process! The book serves as a reference for me.

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