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The Egoscue Method of Health Through Motion: Revolutionary Program of Stretching and

By Pete Egoscue



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The Egoscue Method of Health Through Motion: Revolutionary Program of Stretching and By Pete Egoscue

No one is immune. For people from champion athletes to desk-bound white-collar professionals, many simple acts of life--a relaxing evening stroll through the neighborhood, an exhilarating run along a sandy beach, just bending down to tie a loose shoelace--are often acts of torture. The walking wounded suffer from torn rotator cuffs, tennis elbow, jogger's knees, bad backs, stiff necks, sore feet, and swollen ankles. It could, without exaggeration, be called a modern epidemic.

In this brilliant book, renowned anatomical functionalist Pete Egoscue identifies the epidemic's causes and effects. By recognizing that the human body is dependent on adequate motion to maintain its full range of physical functions, he has revolutionized both the treatment of musculoskeletal pain and the techniques for training athletes to achieve peak performance levels.

Brimming with common sense and practical advice, the heart of this important book consists of twenty-two easy-to-do, highly effective exercises that stretch, strengthen, and relax the body, allowing a return to proper alignment.



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Editorial Review

From Library Journal

Modern humans move far less than our forebears did, which Egoscue claims causes muscular weakness that can affect bodily alignment. When muscle weakness causes one side of the body to bear less than its share of the weight, the resulting distortion may cause dysfunction and pain in many areas. Egoscue, who runs clinics in California and Florida, shows three common "conditions" of misalignment and offers simple exercises designed to counteract the condition by strengthening the relevant muscles. He also discusses the most popular types of aerobic exercises and how they may affect each condition. A good purchase for public libraries.

- *Susan B. Hagloch, Tuscarawas Cty. P.L., New Philadelphia, Ohio*

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Review

"Pete Egoscue offers you the opportunity to take control of your physical well-being for life. Read this book, but more importantly, use it!"-- Anthony Robbins, author of the national bestsellers "Unlimited Power" and "Awaken the Giant Within" "Wow! Pete Egoscue has discovered what's most causing the modern epidemic of pain and how we can protect ourselves. Simply do it by the book--this book."-- Ken Blanchard, coauthor, "The One Minute Manager" "Peter Escogue totally changed my life."-- from the Foreword by Jack Nicklaus

About the Author

Pete Egoscue has been studying human anatomy for more than twenty years. His method has helped thousands of people learn how to live healthier, pain-free lives and achieve complete fitness. He currently runs clinics in San Diego, California, and West Palm Beach, Florida.

Users Review

From reader reviews:

Marian Perkins:

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