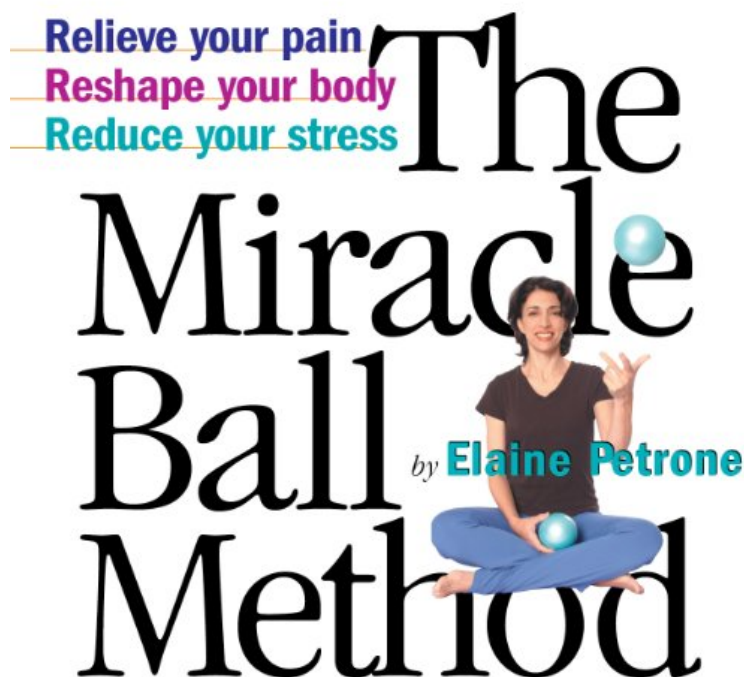


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The Miracle Ball Method: Relieve Your Pain, Reshape Your Body, Reduce Your Stress (English Edition)



Par Elaine Petrone

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: #337645 dans eBooksPubli le: 2003-12-
03Sorti le: 2003-12-03Format: Ebook
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Description :

Prsentation de l'diteur**Note: Miracle Balls are not included with ebook edition. If youre looking for the full
Miracle Ball package, please select the print edition.** Suffering a career-ending, potentially crippling
injury to her back and right leg, a young dancer named Elaine Petrone tried everyone from orthopedists to
yogis to turn her pain and prognosis around. Nothing worked--until she healed herself through a unique
program of therapy and exercise based around the use of two small, squishy balls. From there she turned her
passion into a mission that is helping the thousands of people who visit her classes conquer pain, stress, and
injury. Now, for relief for sufferers everywhere, comesThe Miracle Ball Method. The work itself is simple.
Take a sore back: By resting your aching back on grapefruit-sized balls and letting your body sink into them,
you're unworking the muscles that hurt. Pain and tension drain out of the body. Petrone shows how proper
breathing (which she demonstrates) works in conjunction with a range of unexercises that call for placing the
balls under the back, head, knees, hip, elbow--wherever there's pain--and then resting, rolling, or rotating on
them. She points out that relief can come in surprising ways: Lower back pain may be helped by placing the
ball under your neck, or a bad knee might be helped by hip work. It's a revolutionary program of relief, from

head to toe.