



## The Busy Person's Guide to Easier Movement: 50 Ways to Achieve a Healthy, Happy, Pain-Free and Intelligent Body (3rd Revised edition)

By Frank Wildman

Feldenkrais Movement Institute. Paperback. Book Condition: new. BRAND NEW, The Busy Person's Guide to Easier Movement: 50 Ways to Achieve a Healthy, Happy, Pain-Free and Intelligent Body (3rd Revised edition), Frank Wildman, This very timely and indispensable book provides common sense lessons to connect the mind and body through movement. Whether you are an athlete, performing artist, professional or health care worker, this guide from Frank Wildman, Ph.D. will help you work and live with greater ease. Originally published in Germany, this title is the first Feldenkrais Method book to become a national best-seller. Now in English, it's finally available to many more readers world-wide. This title lets you: feel better; work more efficiently; and, lower your stress. It features: 50 easy lessons to more comfortable movement; Practical and common sense applications; Quick exercises with immediate results; and, Feldenkrais Method[registered] learning. You can take it anywhere! Quickly learn how to obtain greater freedom in your middle back, shoulders, hips, knees, and jaw. Bend easier, reach with ease, improve your balance, and even find your optimal driving position. They are all here and more.



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