

Massage The Foam Roller Bible Foam Rolling Self Massage Trigger Point Therapy Stretching Trigger Point Tennis Ball Myofascial Deep Tissue Pressure Points Hip Flexors Calisthenics

PERSONAL TRAINERS are not just fitness professionals; they could be the saviours of the global health-care system—life changers. As pioneers in this budding field in the health and wellness industry, trainers face misinformation and myths about the fitness industry. What's more, due to negative portrayal in the media, the common perception of personal trainers is less than stellar. This situation, coupled with the relative lack of regulation, means that there are many legal issues that you must be aware of in order to stay safe in your day-to-day practice. As is the case for any practitioner of a health-related profession, you must be aware of the legal ramifications of your decisions and advice. But the legal education provided to personal trainers is virtually nonexistent. In this guidebook, author Gary Pitts, a master strength coach and Canada's premier fitness lawyer, provides the knowledge you need for your practice. Following the principles of MISS (make it simple, stupid), Gary has compiled information on the entire spectrum of fitness-specific legal issues, most of which are largely unknown or misunderstood by even the most seasoned veterans in the personal training industry. If you're serious about your personal training career, explores these important issues and start building your protective legal strategies now.

It takes guts and dedication to meticulously sculpt an extremely lean and cut physique. If you are ready to build a competition-worthy body or just want to look like a pro, there is no better program than the total-body diet and workout plan revealed in Men's Health Natural Bodybuilding Bible. It is THE how-to manual for anyone who wants to win his first bodybuilding competition the right way—purely, naturally, on guts, grit, and extreme dedication to diet and muscle craft. Or even just look like you did without stepping foot on a stage! Developed by professional Natural Bodybuilding Champion Tyler English, this plan will show you how to pack on pounds of MUSCLE with the workouts that helped him take first place in competition. Get the best intense workouts for each muscle and the right form so you reap maximum results.

No one can describe a wine like Karen MacNeil. Comprehensive, entertaining, authoritative, and endlessly interesting, The Wine Bible is a lively course from an expert teacher, grounding the reader deeply in the fundamentals—vine-yards and varietals, climate and terroir, the nine attributes of a wine's greatness—while layering on tips, informative asides, anecdotes, definitions, photographs, maps, labels, and recommended bottles. Discover how to taste with focus and build a wine-tasting memory. The reason behind Champagne's bubbles. Italy, the place the ancient Greeks called the land of wine. An oak barrel's effect on flavor. Sherry, the world's most misunderstood and underappreciated wine. How to match wine with food—and mood. Plus everything else you need to know to buy, store, serve, and enjoy the world's most captivating beverage.

Discover Massage Therapy - Your Way to the Life without Pain, Tension and Body Stiffness Do you suffer from back pain and muscle tension? Does your job require you to sit in front of the computer all day, resulting in stiff neck and pains? If you answered YES to those questions, you are in need of massage therapy. But once you start looking for a massage therapist, you get bombarded with information about different types of massages, and it becomes hard to figure out which one would be right for you. After all, you need to find a massage that triggers the exact focal points on your body with the right technique and amount of pressure. Otherwise, you might as well just throw your

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money out of the window. This ultimate guide on massage therapy will help you determine exactly what you need! The book presents a bunch of different types of massages, down to the last detail! Now you'll be able to find the right type for your aches and get rid of pain and stiffness! What you get with this book is a guide on massage therapy, how it works and a list of numerous benefits. Every type of massage presented here is thoroughly explained - from the benefits of each one to techniques, so you'll know exactly what to choose. Here's what types of massages this book covers: The Swedish Massage Deep Tissue Massage Trigger Point Therapy Acupressure Massage Therapy Reflexology, the massage for your hands and feet Percussion Massage Therapy This book will also recommend a massage based on your symptoms and pains and prepare you for the experience. You'll know exactly what to expect, will there be any pain involved and how long will it last. Stop wondering about which massage to choose and delaying the experience! Live a pain-free life and make your body feel great again! Scroll up, click on "Buy Now with 1-Click", and Get Your Copy Now!

Drawing on her groundbreaking anti-aging movement principles, bestselling fitness expert Miranda Esmonde-White walks you through 6 ways to rejuvenate your body and mind, paired with 30 days of stretching-and-strengthening workouts that effectively reverse the aging process. The Fast Track to Aging Backwards is Miranda's master class on how to begin her healing, revitalizing and scientifically endorsed programme of stretching and strengthening--and how to make it stick. First she outlines, step by step, 6 ways to change your attitude to aging and reverse its effects, from describing helpful small changes to your daily routine that will help you form new habits; to how to find the balance between moving like the Tin Man and flopping like the Scarecrow; to showing that for maximum painfree living, our bodies need a gentle approach to exercising that is all about respecting the way our bodies are designed to move. As Miranda says, "Relaxation is the new strengthening." Exclusively for this book, she has also created 4 workouts designed to carry you every step of the way through the first month of her program, targeting every part of your body. Laid out with clear instructions, black-and-white photos and insider's tips on how to make every movement count, these workouts will give you the edge you need to quickly achieve your best results.

"A book or collection of writings constituting the sacred text of a religion." —The American Heritage® Dictionary of the English Language, Fourth Edition For thousands of years, we have been told that God was a man. Then someone reminded us of when God was a woman. Now we have a reference for the sensible folk who have always felt that it takes two. If you have ever thought there was more to religion than ancient rituals performed for reasons unknown, this book will show you exactly what you have been looking for. If you have already come to the realization that Wicca is the religion for you, this book will help fill those many blanks that have been left by other books. Author A.J. Drew makes no attempt to dictate religious dogma or routine. He is quick to point out that the title does not start with the word the. He illustrates the many issues a person's religion should address and shows how he has been able to find answers to those issues through the practice of a modern religion that was based on some of the oldest principles of the ancient world. A Wiccan Bible takes you through the journey of life in three stages: Maiden and Master: Creation, Wiccaning, and Self-dedication. Mother and Father: Initiation, Handfasting/Handparting, and the Wheel of the Year. Crone and Sage: Community, the world, and death. Mythology and science converge as the author details a life's journey into a religion with both old world ritual and new world science, fusing both into a creation myth which satisfies not only mind, but soul as well. A Wiccan Bible not only shows a religious path filled with joy, but one that offers the ability to accept and manage sorrow. It is filled with ritual and with the reasons why ritual is fulfilling, rewarding, and a necessary part of everyday life. As A.J. addresses each issue, he demonstrates not only how he found the solutions in Wicca, and the many ways in which science and magick have helped him to do so. A Wiccan Bible also contains select recipes that the author has collected, including mixtures for incense, oils, and baths.

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An in-depth instructional manual on the anatomy of the stretching body features full-color illustrations that demonstrate how muscles are worked during 115 key stretches, in a reference that discusses the benefits of stretching, rules for safe stretching, and more. Original. Have you always wanted to learn to run and experience the life-changing benefits of running? Or have you tried to start running in the past, but just couldn't stick with it? Maybe you thought you weren't meant to be a runner, or just didn't have the time, energy, motivation, or willpower to keep running. Whether you're brand-new to running, tried it in the past without much success, or you just can't get into a running groove, RUN FOR GOOD gives you a comprehensive roadmap to starting and maintaining a lifelong running habit. Based on her years of experience as a runner, certified running coach and trainer, and fitness writer/researcher, author Christine Luff gives you an expert-guided, step-by-step plan for creating an enduring running habit. In this book, you'll learn: -Tips on how to run, what to wear, and how to make running easier -How to establish a habit loop to make running part of your regular routine -How to deal with inevitable setbacks and roadblocks that pop up -How to run smartly and safely with the right training schedules -Tips, tricks, and effective strategies to stay motivated to keep running -Strategies for racing, proper nutrition, injury prevention to keep your running habit going -How to avoid issues and problems that have derailed your healthy habits in the past -Advice on how to make running a rewarding and fun part of your life. This ultimate guide to running will get you started on the right foot with running, help you develop (or re-discover) a love and gratitude for running, and inspire and motivate you to keep running - for good.

A practical guide to at-home pain relief with trigger point therapy Whether you're recovering from an injury, dealing with a chronic condition, or experiencing daily headaches--trigger point therapy can provide pain relief. Those hidden, tender knots in your muscles--also known as trigger points--may be small but they can cause a huge amount of pain. Trigger Point Therapy Made Simple puts healing in your hands so you can stop living in pain and get back to thriving in your life. Learn the ropes of trigger point therapy with an overview of what causes trigger points, how trigger point therapy works, and what to expect. Organized by muscle, the illustrated, step-by-step instructions will help you find relief from injuries, fibromyalgia, and other myofascial pain conditions with gentle, easy motions and massage techniques. At-home treatment should be simple and effective--and now it is. Trigger Point Therapy Made Simple includes: Beyond massage--Treat your muscles and your nervous system in 4 easy steps for maximum long-lasting pain relief. Anatomical aids--Handy anatomical illustrations let you pinpoint where your pain is and show you how to perform the gentle movements that will help you heal. Mind and body--Retrain your brain with a holistic approach to treatment, including helpful habits, breathing exercises, and stress-relief tips. Move better and recover faster with Trigger Point Therapy Made Simple.

With the glut of weight loss books on the market, why is 10 Simple Steps different than all other health books? Not only does it offer practical tips for losing weight, it also includes a vast holistic approach to ensure that you will see immediate results in the following: --Increased energy and sex drive --Boosted immune system --Greater spiritual awareness --More free time (less time exercising!) --How to eat sensibly without fad or yo-yo dieting --Learning what supplement to take for gut health and to prevent bloating --and more....

Learn about where Foam Rolling came from, how Foam Rolling works, what self-myofascial release is all about, which foam roller

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is right for you, and how to use Foam Rolling for maximum release of tired, sore and strained muscles. This book is not just another "exercise book," but actually goes in depth to provide you with an unparalleled look at the latest wave that's been sweeping the country. This extraordinary guide will take you step by step into finding the best foam roller and utilizing it to completely transform your daily workout regime. This book not only tells you what to do, but through easy to understand language, it will explain why to do the exercises, with detailed explanations that are easy to grasp while, at the same time, highly informative and educational. By the time you are finished reading this book, you too will be a foam rolling guru. Covered in this book are such topics as: The history of Foam Rolling What self-myofascial means and how it works How to incorporate Foam rolling with Yoga for greater enhancement How runners can benefit from foam rolling Why foam rolling helps you stay younger and may even reverse some effects of "old age." The exercises herein will help you work all major muscle groups, in order to maintain maximum mobility and flexibility and minimize cramps and muscle aches common in high-impact workouts, aerobic exercises and even day to day life of walking, bending and lifting. You will learn to roll out pain and discomfort in your: Neck Muscles Upper Back (Thoracic) Muscles Lower Back Muscles IT (Iliotibial) Band Calf Muscles Thigh (Quadriceps) Muscles Glutes and Hamstrings and Feet If you have only recently heard of Foam Rolling and are looking to learn more about it, this book is for you. If you have been using Foam Rollers for a while now, but it just don't seem to be doing the trick, then this book is for you too. Even if you've been using foam rollers for years, but want to become more of an expert on their proper use and how, exactly, they work to relieve tension and increase mobility, then this book is for you as well. You will not find any other work in one place that will teach you as much about foam rolling and get you on your way to becoming a foam Rolling Guru. This book may very well be the first, the last and the only book you will ever need to read on Foam Rolling! Become a Foam Rolling Guru! Improve your workouts and flexibility NOW and scroll up to the top of this page and BUY it now!

The ultimate beauty guide from the experts at Goop--the trusted resource for healthy, mindful living, curated by Gwyneth Paltrow. Millions of women around the world turn to the clean-living team at GOOP for beauty advice. From nontoxic product recommendations, red carpet- (and everyday-) ready hair and makeup tutorials, to guidance on aging, acne, and antioxidants, GOOP has become the go-to resource for head-to-toe beauty. Finally, the editors of Goop have shared their top tips and recommendations, favorite detox recipes, workout plans, and hair and makeup looks in one must-have guide. Featuring more than 100 gorgeous photos and extensive Q&As from Goop's family of expert contributors, Goop Clean Beauty will shed a definitive light on the importance of diet, sleep, exercise, and clean beauty products, while offering tactical advice for healthy, glowing skin and hair that starts from the inside out. The first book from the top name in clean-living, Goop Clean Beauty is the one resource women need to feel, and look, their best every day.

The Divinity Code to Understanding your Dreams and Visions Stop wondering what your dreams and visions mean—and start living the meanings! The Divinity Code to Understanding your Dreams and Visions is a Bible-based guide to dream interpretation that reveals the mysteries of the Kingdom of Heaven. With this set of Master keys, you can unlock the unseen realm! Led by the Holy

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Spirit, you can manifest God's Kingdom on earth through Jesus Christ by knowing what your dreams and visions mean. The Divinity Code to Understanding your Dreams and Visions contains: The most extensive Christian dream dictionary on the market (with Scripture support). An important dictionary of names and places. A critical chapter on counterfeit interpretations by the occult. 101 interpreted dreams providing credible evidence. A fascinating metaphor dictionary. Embrace your supernatural communications with God and go deeper into the things of the Spirit—today!

A foam roller is a cylindrical log that is used as workout equipment for its usability and convenience. It was in fact initially used as a tooling aid during physical therapy sessions but has become an important part of a good workout regimen. It is a terrific product for self-massage, core stability, balance training, regular stretching, pain management, yoga exercises and Pilates. An individual might occasionally suffer from muscle pains because of the tightening up of the tissues. This tightening of the muscle tissue is usually known as muscle knot or simply a trigger point. To ease pains linked to the trigger points, one has to diffuse somehow or break up the knots. The roller is a type of exercise equipment that stretches muscular tissues and tendons plus it breaks down scar tissue formation and soft tissue adhesions. This book is a guide to using not only foam roller but also massage balls to break up knots, release tension, speed up recovery and increase flexibility.

How to find and treat the problem causing your back pain, rather than just treating the symptom. In this book you will learn: why you were already in trouble before you started to feel pain; how to discover the root cause of your pain, and how to get rid of it; how to restore the normal function to more than just the tissue of your lower back; why your abs are not your core and why people with back pain should never do sit-ups; how doing one simple thing will increase your results from stretching by 10x; why pills, shots, and surgery don't work in mostly all cases; how to work through your pain safely while returning yourself to your normal activities.

The ultimate 'one stop' guide to using foam rollers. A relative newcomer to the fitness scene, lots of us don't know how to use foam rollers effectively as part of an exercise or training routine. Originally used only by physiotherapists and exercise therapists this 'new' piece of kit has become a mainstay of workouts. Foam rollers work by releasing muscle tension to relieve pain, aid injury recovery and improve flexibility - all through massaging and manipulating muscles. Practical and easily accessible, The Total Foam Rolling Workout is perfect for the fitness enthusiast or fitness professional who wants to lightly improve their knowledge and heavily improve the range of exercises they can use in their training. Tried and tested exercises are accompanied by clear photos and illustrations. This book is brimming with ideas for using foam rollers not just in the gym, but at home too. Packed with clear and easy to use exercises, this how-to reference book also provides adaptations of basic and advanced workouts, making it ideal for anyone who wants to get the most out of their fitness gear. - Each exercise idea is organised by fitness level and includes follow-up and extension ideas. - Written in a jargon-free and concise style, this book is light on the science and background, heavy on practicality.

LIVE BETTER IN YOUR BODY. Pain is an epidemic. It prevents you from performing at your best because it robs you of

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concentration, power, and peace of mind. But most pain is preventable and treatable, and healing is within your grasp. Hundreds of thousands of people around the globe have taken life "by the balls" and circumvented a dismal future of painkillers, surgeries, and hopelessness by using Jill Miller's groundbreaking Roll Model Method. The Roll Model gives you the tools to change the course of your life in less than 5 minutes a day. You are a fully equipped self-healing organism, and this book will guide you through easy-to-perform self-massage techniques that will erase pain and improve your performance in whatever activities you pursue. The Roll Model teaches you how to improve the quality of your life no matter your size, shape, or condition. Within these pages you will find: Inspiring stories of people just like you who have altered the course of their lives by using the Roll Model Method Accessible explanations of how and why this system works based on the science of your body and the physiological effects of rolling Step-by-step rolling techniques to help awaken your body's resilience from head to toe so that you have more energy, less stress, and greater performance Whether you're living with constant discomfort, seeking to improve your mobility, or trying to avoid medication and surgery, this book provides empowering and effective solutions for becoming your own best Roll Model.

Celebrity trainer and goop expert Lauren Roxburgh's program that uses pelvic floor strength to release stress, strengthen the body, and treat the physical and mental origins of tension. Located at our root, all energy and strength flow up from the pelvic floor. Our pelvic floor determines how strong our core is, how we handle stress, and how much energy reaches the rest of our body. In other words, without addressing the health of our pelvic floor, we are all missing out on a powerful key component of our overall physical, emotional, and spiritual health. The Power Source will give readers a deep understanding of how to cultivate this strength in their bodies and in their lives by following a holistic, multi-sensory program that works from the pelvic floor up. The Power Source shows how and why our pelvic floor is so important from a variety of different perspectives, ranging from purely physical body mechanics to how it impacts our nervous system to how it is the seat of all life force energy. Roxburgh demonstrates how it relates to the other areas of our body (or, as she calls them, "containers"), both physically and energetically. And, most importantly, she shares a program for how readers can align their bodies and their lives by adopting an entirely new and more powerful definition of "strength."

AMPLIFY YOUR STRETCHES AND EXERCISES USING THE FOAM ROLLER Once used exclusively in physical therapy settings, the foam roller has made its way into yoga and pilates studios, gyms and homes. With this simple device, you can:

- Improve core strength
- Increase flexibility
- Release tension
- Alleviate pain
- Rehabilitate injuries

Foam Roller Workout offers 50 effective exercises paired with clear captions and step-by-step photos that will help you roll your way to better posture, balance and relaxation. In addition, special programs will enhance your sporting life, whether you hit the track, the court, or the slopes. Renowned biblical sleuth and scholar Richard Elliot Friedman reveals the first work of prose literature in the world—a 3000-year-old epic hidden within the books of the Hebrew Bible. Written by a single, masterful author but obscured by ancient editors and lost for millennia, this brilliant epic of love, deception, war, and redemption is a compelling account of humankind's complex relationship

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with God. Friedman boldly restores this prose masterpiece—the very heart of the Bible—to the extraordinary form in which it was originally written.

With drills covering every facet of the sport, *The Volleyball Drill Book* is the most comprehensive resource for today's players and coaches. Inside you'll find the game's most effective drills for these and many other aspects of the game: - Warming up - Ball handling - Passing - Serving - Receiving - Team building - Situational play - Offense - Defense - Transition play Complete with detailed diagrams, illustrations, coaching tips, variations, and practice advice, *The Volleyball Drill Book* provides you with everything you need to master essential skills, sharpen execution, and improve on-court performance. Whether you wish to develop new skills or fine-tune your game, rely on the drills that have produced the sport's top players and most dominating teams. *The Volleyball Drill Book* is the one and only drill book you'll ever need.

For more than a decade, coaches have relied on one classic resource for their every coaching need. Featuring the advice, wisdom, and insights from the sport's legendary coaches, *The Softball Coaching Bible, Volume I*, has become the essential guide for coaches at every level worldwide. *The Softball Coaching Bible, Volume II*, picks up where the first volume left off, providing more instruction, guidance, recommendations, and expertise for every aspect of the sport. The NFCA has put together another stellar lineup of coaches who share the guidance that helped them establish such well-respected softball programs: Patty Gasso Jeanne Tostenson-Scarpello Chris Bellotto George Wares Kris Herman Bob Ligouri Karen Weekly Elaine Sortino Frank Griffin Bonnie Tholl Michelle Venturella Beth Torina Jenny Allard Ehren Earleywine Erica Beach Stacey Nuveman John Tschida Teena Murray Donna Papa Carol Bruggeman Kyla Holas Kelly Inouye-Perez Sandy Montgomery Rachel Lawson Kristi Bredbenner Deanna Gumpf It's all here—developing players, building a winning program, assessing and refining essential skills and techniques, and incorporating the most effective strategies for any opponent or in-game situation. If you coach the sport and want a competitive edge in today's game, *The Softball Coaches Bible, Volume II*, is the must-have resource for every season.

PNF Stretching For Beginners! How To Improve Your Mobility, Flexibility & Rehabilitation with Facilitated Stretching Are You Ready To Learn ALL About PNF Stretching? If So You've Come To The Right Place... No experience with sound healing? No worries! This book is suited to the absolute beginner that's looking to get started with sound healing, whether this be for your own enjoyment and a sense of self-accomplishment or perhaps even to make some extra cash as a side business... the choice is yours! Here's A Preview Of What This Book Contains... An Introduction To PNF Stretching The Basic Concept of PNF Stretching Explained The Big Benefits & Applications of PNF Stretching General Guidelines to PNF Stretching PNF Stretching for the Lower Limbs PNF Stretching for the Upper Limbs PNF Stretching for the Shoulders PNF Stretching for the Lower Back PNF Exercises For Shoulder Rehabilitation Therapist/Assistant Position And Much, Much More! Order Your Copy And Get Started Now!

1,500 Stretches--the follow-up book to the New York Times bestseller 2,100 Asanas-- compiles all stretching poses in one place, organized by body part, with stunning photographs, easy-to-follow steps, and the health benefits of each pose. Does your lower back ache from sitting all day? Can you barely walk after your cycling class? Do you stretch your back and feel only more tension?

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Stretching is vital for chronic pain, building muscle tone, and full movement. 1,500 Stretches has the complete collection of stretches organized by body part--back, calf, hamstrings, chest and many more. They are demonstrated in beautiful full-color photographs. The steps are easy to follow and explain what muscle groups are targeted and its benefits for pain relief and physical appearance. There are additional chapters on yoga and partner stretches and the importance of stretching correctly. 1,500 Stretches celebrates the beauty of the body through photography, while providing practical advice to feel and look better.

MassageThe Foam Roller Bible: Foam Rolling - Self Massage, Trigger Point Therapy and StretchingCreateSpace

From Chinese massage to Shiatsu to Indian head massage, this lavishly illustrated "bible" presents all the techniques needed to master the basics. Every spread features large and easy-to-follow photos, while the text guides beginners on what pressure to exert, what part of the hand makes contact with the body, and exactly what to do?whether they're feathering the back, working on the neck and scalp, or performing a sequence on the arms and hands. In addition to holistic and sports massages, there are suggestions for special situations (including massaging a baby); advice on massages to relieve common ailments; and lifestyle tips.

Professional athletes' careers and livelihoods depend on results, so when they train they make sure they get the most from their training sessions. Experienced trainer Nick Grantham introduces you to performance based conditioning, explaining why athletic-based strength and conditioning training programmes are superior to all other training methods. Providing you with detailed information in a highly accessible manner, the book ensures you can elevate your training programmes to a new level. Revealing the training S&C strategies and principles used by elite athletes, this book will show that, regardless of your current fitness and exercise experience, anyone can train like an athlete. Providing a strong scientific rationale for an athletic approach to training so you can develop a better understanding of physical preparation, The Strength and Conditioning Bible gives you the key elements of an integrated performance-conditioning programme. An essential resource, this book contains a 16-week, 4 stage plan that balances total-body strength, endurance, mobility, balance, coordination and athleticism. You will be able develop a customisable and realistic fitness programme and with the knowledge gleaned from the book, you will develop and enjoy productive and pain-free workouts for years to come.

Are you taking medication or considering surgery because of pain? Have you lived with low-level muscle or joint pain for years? Imagine your life today without pain. Imagine you hold the key to eliminating any future pain. Find it inside this book: a groundbreaking drug- and surgery-free healing plan from master pain therapist Ming Chew. The Ming Method includes: Total pain relief with no drugs, no side effects, no surgery Fifteen-minute therapy sessions you can perform in your living room Self-diagnosis techniques to tailor treatment to your individual pain The proper hydration and supplementation for optimum health For twenty years, master pain therapist Ming Chew has treated scores of patients with his method. It doesn't mask or "manage" your pain. Unlike traditional medicine, it works by targeting the fascia, a poorly understood connective tissue, to permanently fix your underlying problem, not just mask symptoms. Hydrating, supplementing, and stretching and strengthening the fascia are the keys

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to The Permanent Pain Cure. The best part? A typical therapy session lasts only fifteen minutes and can be done in your living room. Try the Ming Method yourself and reclaim your quality of life, your freedom of movement, your joy--and do it in as little as fifteen minutes a day. Your pain-free life begins today!

Cuneiform records made some three thousand years ago are the basis for this essay on the ideas of death and the afterlife and the story of the flood which were current among the ancient peoples of the Tigris-Euphrates Valley. With the same careful scholarship shown in his previous volume, *The Babylonian Genesis*, Heidel interprets the famous Gilgamesh Epic and other related Babylonian and Assyrian documents. He compares them with corresponding portions of the Old Testament in order to determine the inherent historical relationship of Hebrew and Mesopotamian ideas.

NEW YORK TIMES BESTSELLER *The Daniel Plan* is far more than a diet plan. It is an appetizing approach to achieving a healthy lifestyle by optimizing the five key essentials of faith, food, fitness, focus, and friends. Unlike the thousands of other books on the market, this book is not about a new diet, guilt-driven gym sessions, or shame-driven fasts. Your path to holistic health begins here, as Pastor Rick Warren and fitness and medical experts Dr. Daniel Amen and Dr. Mark Hyman guide you to incorporate healthy choices into your current lifestyle. The concepts in this book will encourage you to deepen your relationship with God and develop a community of supportive friends who will encourage you to make smart food and fitness choices each and every day. This results in gradual changes that transform your life as they help you: Conquer your worst cravings Find healthy replacement foods for the foods you love Discover exercise you enjoy Boost your energy and kick-start your metabolism Lose weight Think more clearly Explore biblical principles for health . . . and ultimately create an all-around healthy lifestyle It's time to feast on something bigger than a fad. Start your journey to impactful, long-lasting, and sustainable results today! Plus, get more from *The Daniel Plan* with *The Daniel Plan Cookbook*, *The Daniel Plan Journal*, and *The Daniel Plan 365-Day Devotional*.

Updated and expanded with more than 80 pages of new content! Improve your athletic performance, extend your athletic career, treat stiffness and achy joints, and prevent and rehabilitate injuries—all without having to seek out a coach, doctor, chiropractor, physical therapist, or masseur. In *Becoming a Supple Leopard*, Dr. Kelly Starrett—founder of MobilityWOD.com—shares his revolutionary approach to mobility and maintenance of the human body and teaches you how to hack your own movement, allowing you to live a healthier, more fulfilling life. This new edition of the New York Times and Wall Street Journal bestseller has been thoroughly revised to make it even easier to put to use. Want to truly understand the principles that guide human movement? *Becoming a Supple Leopard* lays out a blueprint for moving safely and effectively through life and sport. Want to learn how to apply those principles to specific movements, whether you are doing squats in the gym or picking up a bag of groceries? Hundreds of step-by-step photos show you not only how to perform a host of exercise movements, such as the squat, deadlift, pushup, kettlebell swing, clean, snatch, and muscle-up, but also how to correct the common faults associated with those movements. Frustrated because you can't perform a certain movement correctly due to range of motion restrictions? Breaking the body down into 14 distinct areas, Starrett demonstrates hundreds of mobilization techniques that will help you resolve restrictions and reclaim

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your mobility. Unsure how to put it all together into a program that addresses your individual needs? This updated edition lays out dozens of prescriptions that allow you to hone in on a specific limitation, a nagging injury, or an exercise fault that you just can't seem to get right. It even offers a 14-day full-body mobility overhaul. Performance is what drives us as human beings, but dysfunctional movement patterns can bring the human body to an abrupt halt. Often, the factors that impede performance are invisible even to seasoned athletes and coaches. Becoming a Supple Leopard makes the invisible visible. Whether you are a professional athlete, a weekend warrior, or simply someone wanting to live healthy and free from physical restrictions, this one-of-a-kind training manual will teach you how to harness your athletic potential and maintain your body. Learn how to perform basic maintenance on your body, unlock your athletic potential, live pain-free...and become a Supple Leopard. This step-by-step guide to movement and mobility will show you how to:

- Move safely and efficiently in all situations
- Organize your spine and joints in optimal, stable positions
- Restore normal function to your joints and tissues
- Accelerate recovery after training sessions and competition
- Properly perform strength and conditioning movements like the squat, bench press, pushup, deadlift, clean, and snatch
- Build efficient, transferable movement patterns and skill progressions from simple to more advanced exercises
- Identify, diagnose, and correct inefficient movement patterns
- Treat and resolve common symptoms like low back pain, carpal tunnel, shoulder pain, and tennis elbow
- Prevent and rehabilitate common athletic injuries
- Use mobilization techniques to address short and stiff muscles, soft tissue and joint capsule restriction, motor control problems, and joint range of motion limitations
- Create personalized mobility prescriptions to improve movement efficiency

The Men's Health Gym Bible is the ultimate resource for the total gym experience. Men's Health fitness advisor Michael Mejia and co-author Myatt Murphy will teach you how to use various types of gym equipment for optimal strength and cardiovascular fitness. In addition to hundreds of exercises for strength and cardio equipment like free weights, stability balls, and treadmills, this updated edition is filled with exercises and expert fitness advice for cutting edge equipment like TRX suspension training, sandbags, and kettle bells. With almost 700 photos, this edition features all new images that demonstrate proper form and technique for every functional exercise. The Men's Health Gym Bible is for anyone trying to get the most out of your fitness goals, no matter what your fitness level is. Gym novices will find helpful information such as the ins and outs of gym memberships, contract negotiation tips, and how to safely use a piece of equipment for the first time. This is the ultimate resource for the total gym experience and a book that no fitness enthusiast should be without.

Trigger Point therapy is starting to more recognized by therapists and medical practitioners every day as a means toward alleviating a whole host of symptoms, from headaches to backaches. As research continues to grow, more people are realizing the benefits from trigger point therapy. However, many people still don't know what a trigger point really is or how trigger points affect us. That's what this book is all about! This book is more than simply another medical manual on trigger point therapy, as it has been specifically written for the average joe (or joline). There aren't a bunch of diagrams and hard to understand medical jargon, just simple to the point information about how this fairly new therapy can really change the way you think about pain, and can change your life. Within the pages of this short book you will discover: The

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Causes of Trigger Points The myriad of symptoms that can be precipitated by trigger points The major trigger point therapy techniques in use today How you can treat your own trigger points in the comfort of your own home The difference between Trigger Points and Pressure Points How acupuncture and acupressure work and what the difference is between trigger points therapy and acupressure therapy Why YOU need trigger point therapy After reading this book, you will find yourself "in the know" when it comes to trigger point therapy and you will wonder how you ever got by without knowing about trigger points. You will learn that many of the pains and ailments you may be suffering with daily could very well be caused by trigger points and how releasing those trigger points could cure you permanently of many of those problems you may have thought you were stuck with for life. You'll also find answers to many questions you may be asking, such as why your doctor hasn't told you about trigger point therapy, if it's such a great thing. Why you might feel pain in one area of your body that is distant from where your actual trigger point is. Why massages alone may help, but the relief is always only temporary and how you can find new life, mobility and vitality by simply releasing those trigger points. If you want to increase your energy, increase your mobility, increase your brain power and possibly save yourself from a lifetime of pain and misery (increasing your lifespan while you're at) then you have got to check this book out. Just go up the top of this page and click on BUY, so you can start living the life you were meant to live, pain free and full of vitality!

All you need is a mat to reap the benefits of pilates. There's no excuse not to begin your at-home pilates practice! The book takes readers through the complete sequence of Pilates Mat exercises with photos and step-by-step instructions. Formal Pilates classes are enormously beneficial; however, they are also very expensive. Using *The Complete Idiot's Guide® to Pilates on the Mat*, readers can practice Pilates Mat exercises on their own--without all the expensive and intimidating equipment found in the studio or gym. Pilates is a fitness phenomenon that's been around for nearly 100 years. Through a series of strength and stretching exercises, it builds core body strength, improves posture, relieves pain, alleviates symptoms of serious chronic diseases, and has a positive impact on all of the vital systems--all while building a connection between the body and the mind. Along the way, fitness expert Karon Karter gives readers: A Pilates primer: how and why the method works on every body, inside and out. Basics for better breathing and posture. Safe instruction for flexing toward your healthiest self. Expert advice on Pilates Mat exercises and using simple equipment, such as the Magic Circle. Poses and postures to increase range of motion, bone density, respiration, circulation, and muscle control. Exercises for toning muscles and melting fat, making the body look lean, healthy, and younger.

"Imagine for a second if you woke up tomorrow and your knee pain was actually alleviated. What would you do? How would your life improve? This book has the answers you are searching for. Best selling author, speaker, and world-renowned therapist Christopher J. Kidawski presents case studies of people just like you who are now living without knee pain after modern medicine had told them their case was hopeless. Chris shows you how he found the problem causing his own knee pain, and how he got rid of it so you can too. In this book you will learn: where your knee pain is actually coming from, and how to get rid of it; what IT band syndrome is and how to release the muscles causing the irritation; how to fix runner's knee and jumper's knee as easy as 1, 2, 3; the difference between trigger points and adhesions, how they are creating your knee pain, and how to get rid of them; why your specific knee pain diagnosis is not a death sentence. and so much more ..." from the back cover.

The hilarious and heartwarming, respectful and thought-provoking memoir of a college student's semester at Liberty University, the "Bible Boot Camp" for young evangelicals, that will inspire believers and nonbelievers alike. No drinking. No smoking. No cursing. No dancing. No R-rated movies. Kevin Roose wasn't used to rules like these. As a sophomore at Brown University, he spent his days fitting right in with Brown's

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free-spirited, ultra-liberal student body. But when Roose leaves his Ivy League confines to spend a semester at Liberty University, a conservative Baptist school in Lynchburg, Virginia, obedience is no longer optional. Liberty is the late Reverend Jerry Falwell's "Bible Boot Camp" for young evangelicals, his training ground for the next generation of America's Religious Right. Liberty's ten thousand undergraduates take courses like Evangelism 101 and follow a forty-six-page code of conduct that regulates every aspect of their social lives. Hoping to connect with his evangelical peers, Roose decides to enroll at Liberty as a new transfer student, chronicling his adventures in this daring report from the front lines of America's culture war. His journey takes him from an evangelical hip-hop concert to a spring break mission trip to Daytona Beach (where he learns to preach the gospel to partying coeds). He meets pastors' kids, closet doubters, Christian rebels, and conducts what would be the last print interview of Rev. Falwell's life.

The Cyclist's Training Bible is the bestselling and most comprehensive guide for aspiring and experienced cyclists. Joe Friel is the most trusted coach in the world and his proven cycling training program has helped hundreds of thousands find success in the sport. Joe has completely rewritten this new 5th Edition of The Cyclist's Training Bible to incorporate new training principles and help athletes train smarter than ever. The Cyclist's Training Bible equips cyclists of all abilities with every detail they must consider when planning a season, lining up a week of workouts, or preparing for race day. With this all-new edition, Joe will guide you to develop your own personalized cycling training program and:

- train with the right intensity and volume
- gain maximum fitness from every workout
- change your training plan over the course of the season
- make up for missed workouts and avoid overtraining
- build muscular endurance with a new approach to strength training
- improve body composition with smarter nutrition

The Cyclist's Training Bible is the world's most trusted guide to cycling training. Get stronger, smarter, and faster with this newest version of the bible of the sport. What's New in this fifth edition of The Cyclist's Training Bible? Coach Joe Friel started writing the fifth edition of The Cyclist's Training Bible with a blank page: the entire book is new. This new edition adds emphasis to personalizing training plans, incorporates new power meter techniques, improves on ways to develop technique, updates the strength training approach, speeds recovery for busy athletes, and cuts through the noisy volume of training data to focus athletes on the numbers that mean the most to better performance.

Beginning with the absolutely critical first moments of the outbreak in China, and ending with an epilogue on the vaccine rollout and the unprecedented events between the election of Joseph Biden and his inauguration, Lawrence Wright's *The Plague Year* surges forward with essential information--and fascinating historical parallels--examining the medical, economic, political, and social ramifications of the COVID-19 pandemic.

Stop Muscle & Joint Pain Naturally with Easy to use Trigger Point Therapy (Myofascial Massage, Deep Tissue Massage, Foam Rolling, Tennis Ball Massage) Do you suffer with aches and pains? Do you have reoccurring injuries? Do you suffer with chronic pain? Have you tried every possible cure only to find that the ache is still there? Are you sick and tired of aches which move from one body part to another? Do you feel battered and beaten after your night's sleep? Well you don't have to feel like this anymore thanks to the wonders of myofascial message, whereby you can treat yourself naturally either with your hands, a massage ball or tennis ball or via a foam roller! There are a great many trigger points, which can be used quite successfully to treat a variety of conditions. In this short practical guide, we are going to focus upon the top ten essential trigger points, trigger points which can be used in everyday life by the majority of people. Some of the deeper trigger points, seen deep inside the thigh and pelvis, can be a little hard to reach but for most people, with some effort, they should be either able to treat themselves or if necessary a friend or family member should be able to treat them effectively, through manipulation of the relevant

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trigger points. Can we Really Treat Ourselves? Trigger points are atypically deployed by physical therapists, osteopaths, naturopaths and masseurs. So considering all of these people are highly qualified, and of course they are standing over the patient, where they can apply considerable force, is there any point in trying to treat ourselves? Well, obviously we cannot expect the same result, while working on ourselves, than that which we might receive if we go to a professional therapist. However, just because the result will be less effective, does not mean that we cannot give it a go. Also, treating oneself, in no way diminishes the role of the therapist. Rather, it makes the role of the therapist more meaningful, because a patient, who takes an active interest in their treatment and makes an effort to assist the healing process, while in the comfort of their own home, is actually making the healing effort more effective and is more likely to return to a therapist for further assistance. So if you are sick of having persistent aches and pains and want to do something proactive about it, then read this book today!

From the A-list bodyworker, trainer, and alignment expert dubbed “the body whisperer” by Goop comes *Taller, Slimmer, Younger*—a powerfully simple daily foam roller routine to help you sculpt longer, leaner muscles, stand an inch taller, look ten pounds slimmer, and renew your body and mind. Are you ready to roll? *ALIGN YOUR BODY, ALIGN YOUR LIFE* There’s a new buzzword in the fitness world: fascia. It’s the connective tissue that wraps around your muscles and organs and helps keep everything in place. But in our increasingly busy and often stressful lives, tension and toxins are often stored within our fascia, resulting in serious long-term consequences including poor posture, excess weight, acute anxiety, and chronic pain. Fitness and alignment expert Lauren Roxburgh—who has worked with such stars as Gwyneth Paltrow, Gabby Reece, Melissa Rauch, and Baron Davis—has the solution to keep your fascia supple, flexible, and strong. Using only a foam roller, you can reshape and elongate your muscles for a leaner, younger look, while also releasing tension, breaking up scar tissue, and ridding yourself of toxins. In just fifteen minutes a day, Roxburgh’s 21-day program will guide you through a simple series of unique rolling techniques that target ten primary areas of the body, including the shoulders, chest, arms, legs, hips, butt, back, and stomach. The result is a healthy, balanced, aligned body that not only looks but feels fantastic. Advance praise for *Taller, Slimmer, Younger* “As an athlete with a lifelong passion for fitness and wellness, I am always looking to get an edge in my body, and Lauren Roxburgh has helped me do just that. Lauren’s philosophy will rejuvenate your body and spirit, helping you look and feel lighter and brighter, reducing stress and tension, while dramatically improving your stance in your body and also in your life!”—Gabby Reece, U.S. beach volleyball champion “This book is sure to become the body bible for anyone who wants to live a healthy, fit, and balanced life.”—Melissa Rauch, actress, *The Big Bang Theory* and *True Blood* “Lauren’s method has rejuvenated my spirit, giving me more energy and strength, which has allowed me to perform better on and off the court.”—Baron Davis, two-time NBA all-star “Lauren’s method sculpts the body’s soft tissues, slimming and streamlining whatever part you work. She’s a ‘body whisperer!’”—Goop “If you’ve never tried foam rolling, I highly recommend it. [Lauren Roxburgh’s] program is designed to improve posture, release tension and stress, activate and strengthen the core, and heal from the inside out. When I was a model, I used a foam roller to lengthen my muscles. I’m so excited to get back into it once I give birth! Oh, and Goop dubbed her ‘The Body Whisperer.’ Enough said.”—MollySims.com

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