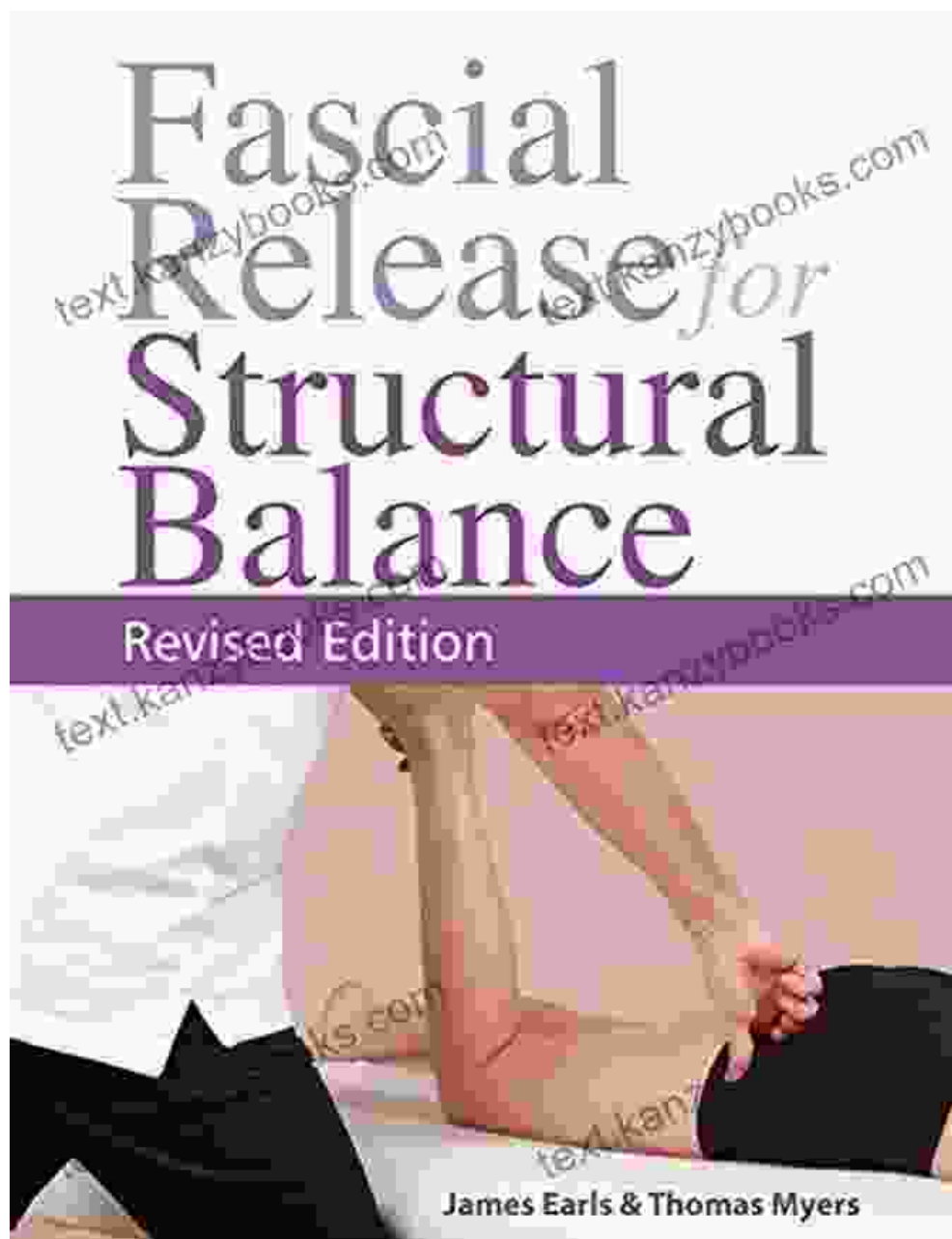


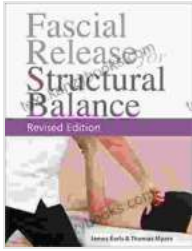
Rediscover Your Body's Natural Balance with Fascial Release for Structural Balance Revised Edition



Fascial Release for Structural Balance, Revised Edition

by Thomas Myers

★★★★☆ 4.7 out of 5



Language : English
File size : 14295 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Print length : 365 pages



Fascial Release for Structural Balance Revised Edition

By John F. Barnes, PT

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Pages: 360

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In *Fascial Release for Structural Balance Revised Edition*, renowned physical therapist John F. Barnes presents a comprehensive and accessible guide to fascial release, a gentle yet powerful technique that can help you restore balance and harmony to your body's fascial system.

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- Reduced pain and stiffness
- Improved mobility and flexibility
- Enhanced posture and balance
- Reduced stress and tension
- Improved circulation and lymphatic drainage
- Boosted energy levels
- Enhanced sense of well-being

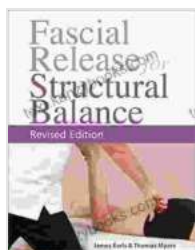
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