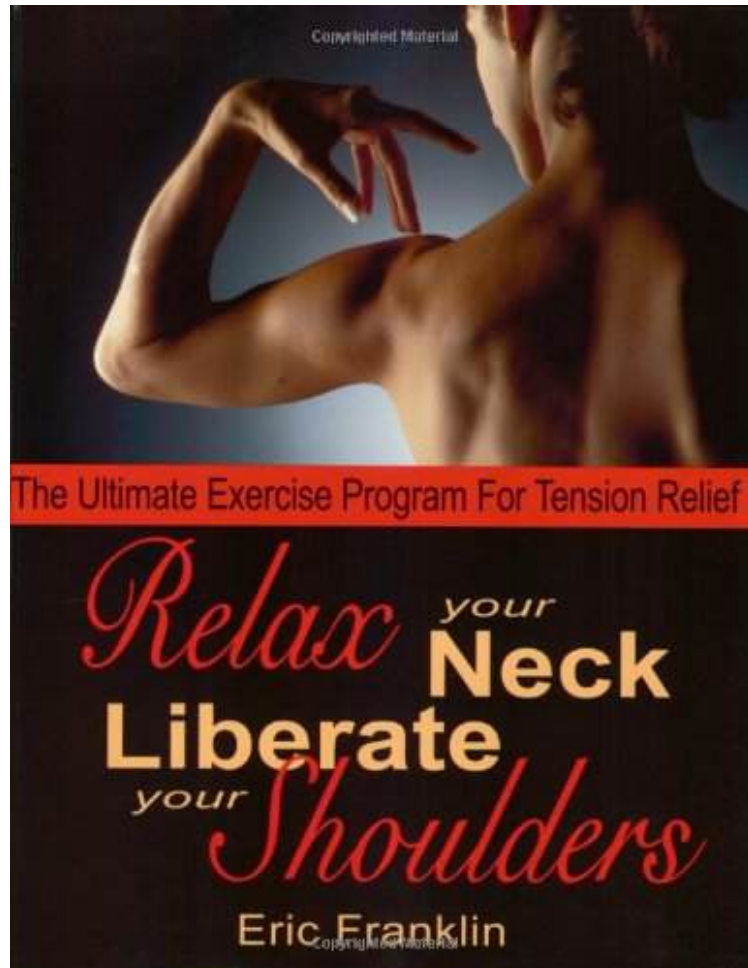


Relax Your Neck, Liberate Your Shoulders: The Ultimate Exercise Program for Tension Relief

By Eric Franklin

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96 of 98 review helpful Visualization relief By Theresa Reed Eric Franklin a dancer and choreographer has been teaching imaging techniques for years to dancers and others Imaging is basically using visualization to relax the body Sounds hokey It isn't it truly works I bought this book as I was having chronic shoulder tension and felt I wanted to try something new The imaging techniques presented are A foolproof guide to releasing shoulder and neck tension this book shows how imagery and touch can be used to eliminate stiffness and pain It provides simple and effective exercises that can be done at home at work or on the road Sufferers of upper body pain will learn how to detect and eradicate early signs of tension by better understanding the connection between emotional states and tension These individuals will learn how to survive stressful situations ca

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