

*Look 10 Years  
Younger and  
10 Pounds  
Thinner*



# Posture, Get It Straight!

Janice Novak

- Free yourself from those nagging aches and pains.
- Prevent and ease back pain.
- Improve your performance in workouts and sports.
- Radiate confidence and health.
- Love what you see in the mirror!



Janice Novak

Posture, get it straight!



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Explains the need for proper posture in promoting health, offering a number of strengthening exercises that will help readers look younger, lose ins, prevent and ease back again pain, stop head aches, improve athletic performance, rest better, and improve wellness. Original.



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Useful Book That Works I read a friend's copy while visiting her. Since I've suffered from neck pain (not severe, but real) for approximately 15 years, I figured I would as well test it out for. I found that results were instant. I was also shocked by having to confront how bad my habitual position was. I have already been doing the essential one-minute routine for about eight months now. My neck pain (and stress -- I used to have two bands of muscle tissue of almost wooden hardness operating down the back "corners" of my neck) is reduced about 80-90%, and I continue to improve. I also appearance taller and slimmer, as promised (my parents both said to me, "you're therefore tall! This program is preferable to any other in the marketplace. so can be the exercise descriptions. Probably more. I also discovered Ms.. Thank you Ms.but that's another tale. I found after reading this book, that when I previously attempted to "sit up" or "stand up" straight, I was carrying it out wrong and actually looked just as poor as in my "naturally" poor posture. The video has the same info, but it's less complicated for me to check out a video instead of flip through webpages. Also, Janice Novak gives the meat of the book in the first ten pages, where she talks about her "One minute to raised posture" exercise. After using the exercises in this book for about a week, I noticed that I no more felt nagging upper back tension. The neat matter is that several close friends possess asked me, "Have you lost weight? All the illustrations are of the same girl. I've had rounded shoulders for 56 years, but my position offers improved enormously. This book should be a bestseller. Five Stars very good great book Great reserve , includes regimes for fixing posture and targeting particular areas. Excellent Information This book is worth it's weight in gold!! This book is written to women, and I am a man, but I thought that was actually an excellent idea. The techniques and posture improvement exercises work so well and fast that I am already receiving compliments on how I appear - and it has only been a few weeks. Now, since then I've also \*obtained\* about ten pounds. are searching for practical, easy to follow tips about how to straighten ourselves up, & Now I understand just what to do to look great. I find it much easier doing exercises along with a video than from a reserve. The video has even more exercises compared to the book but the reserve contains chapters of information on things like how to re-arrange your computer work station to make it better for your back again, how exactly to adjust your carseat, sleeping positions, etc. Excellent This book is great for any kind of poor posture. My lower back is feeling a lot better thanks to the tips for stretching &" as though it were a fresh thing -- but I suppose it had been). I know this because I've tried them all.. Novak for very useful information. The just improvement that I will suggest for another edition is to have pictures out of all the exercises, and also have two pictures for the two-step exercises. I would suggest it to everyone. to alleviate that mild lower back again pain from being only a contact out of allignment.! There are always a couple of references to "guys must do this instead," when they are needed, but I thought that concentrating on one gender produced the book very clear and very understandable. It's awesome, because the book starts out with a real bang and then the rest of the book supports that initial bang before end." I haven't, but I look thinner and feel terrific. I hardly ever realized all of the different ways you hold the body that make you have poor posture. By focusing simply on women, and by focusing simply on one person giving examples of good posture and bad position, it made the reserve very understandable. After that, inspired, I purchased Janice Novak's video (elastic bands come with it), and began using it about five instances a week. This is an extremely cool exercise that will transform your life immediately. Which reminds me of the coolest thing concerning this book, which may be the illustrations. A very excellent book This is an excellent book. This would raise the size of the reserve by about twenty web pages, but I believe it would be worthwhile. I could be slow occasionally and images help me a whole lot. Practical help. This book is ideal for those of us who may have spent many years bent over a desk, & Novak has a video containing all of the exercises

(ImproveYourPosture. I am dealing with my trainer at the fitness center to greatly help my posture, which book actually helped me to understand a few of the underlying concepts of posture. The writing style is easy to read & understand, & I would agree that you will look an in . or two taller and 10 pounds slimmer. The exercises are also super easy to do (as opposed to some posture books, where in fact the descriptions are hard to check out, & She then gives a lot of excercises that reinforce specific muscle areas, helping your appropriate posture become more natural and easy to realize. The book and video have already been a GODSEND for me. standing up straight in this book. All of these chapters contain simple actions you can take that make a huge diference in your posture and back comfort. And this is quite cool, because I was able to tell really quickly what good position was and what was not. Janice not merely tells you to "stand up straight," she offers you exact instructions, from check out toe, of how exactly to hold the body properly. not practical). This Works!com).



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