

# Pain Free Life

A person is standing on a dark, silhouetted hill or rock formation. Their arms are raised high in the air, forming a 'V' shape. The background is a bright, hazy sky with soft clouds, suggesting a sunrise or sunset. The overall tone is hopeful and triumphant.

Eliminate Chronic Pain:  
Get Back to a Younger  
More Active You!

Foreward by  
**Scott Wedman**

Two Time NBA Allstar  
Two Time World Champion with the Boston Celtics '84 and '86

"Not only have I benefited  
from this therapy, but  
many of my friends and  
family have, as well." JJ

# TRAVIS PERRET

*Travis Perret*

**Pain Free Life: Eliminate Chronic Pain: Get Back to a  
Younger More Active You!**



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Have you got back pain, knee discomfort, shoulder or hip discomfort? In the event that you answered yes to either of those questions this book is for you! Do you want to make contact with the active lifestyle you once lived before you had chronic pain? Pain-Free Existence is a revolutionary fresh book by corrective exercise specialist Travis Perret on how to fix chronic pain and live a dynamic life where you feel younger and even more energized. Travis can help you understand why you are having pain and then give you the tools to repair yourself to be able to do the stuff you love without discomfort. From his 20 plus years of experience dealing with customers, Travis has outlined what you should know about fixing chronic discomfort issues. It really is an easy-to-follow plan that you can do in the comfort of your own home that focuses on postural exercises and practical movements to assist you experience better and move better. The Pain-Free Lifestyle Program explained in this book is a step-by-step corrective exercise approach that may help you start the process of eliminating chronic pain without medications, surgeries, or expensive equipment. He offers you easy-to-perform postural positions, stretches and exercises to begin with the methods of eliminating your chronic pain. Forward simply by NBA Allstar and 1984 and 1986 Boston Celtic Champion Scott Wedman.



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I have been working with Travis another from an awful bike wreck This book is incredible. I informed him my challenges, he asked where I lived, and then told me of a facility just 11 miles from my home where they perform the same as he does. MANY THANKS Travis! This book is a great book to have in your library in case you are coping with chronic pain. Would make a great gift since holiday seasons are quickly approaching. Not only does he possess a compelling story .I used to spend a lot of money on chiropractors. important information for back pain Excellent reading! I used to pay for regular monthly acupuncture. And the physical therapy people had a few helpful exercises, and often they are concentrating on the component that hurts rather than the part which can be leading to the problem. (ie, my back pain was caused by a shoulder imbalance but I didn't understand because my back again hurt rather than my shoulder. And the physical therapist just treated the trunk.) I'm looking towards hearing about the outcomes! I have been performing the exercises for weekly now and my discomfort level has diminished.! It teaches you to heal yourself. And the treatments last - because it trains your body to greatly help itself. Well, I wasn't. ... reading this book the other day and found it very easy to understand and hopeful for my many medical issues I finished scanning this book the other day and found it super easy to comprehend and hopeful for my many health issues. Thank You Travis! I have already been working with Travis another from a horrible bike wreck. I am so delighted at his kindness, helpfulness, compassion and empathy. Many thanks, Travis! Travis brings very much knowledge and knowledge to his work. This really works!! I have lived pain-free for nearly 2 years. I proceeded to go for a tune up appointment with him and he stated, "You haven't come in for a scheduled appointment for over 24 months. Read this book and do the exercises! They are easy! In case you are in pain or know somebody in pain I recommend you get this reserve. Since I was having problems with each one of the areas, I made a decision to focus on the exercises at the building blocks, your toes and ankles. I immediately retrieved A Pain Totally free Life from my car and gifted it to him. Easy to comprehend explanation about the source of pain and the exercises I've read a lot of explanations about the source of pain but this publication was easy and simple to understand. But most important I can still get on the floor and play with my grandkids. This method keeps my back again and knees sense great! I didn't understand where to start on the exercises therefore i called Travis on the phone explaining I couldn't make a vacation to Kansas. It Works, but ONLY WHEN You Do It I have been lucky enough to utilize Travis one-on-one before We knew that he had written this book. I wasn't really sure what things to expect when I downloaded this book.! Following the session, my pain did go away for a couple days. Now, I've this book to greatly help me make it go away once and for all. I encourage everyone scanning this review to pick up a copy of this book and, if possible, call Travis to make an appointment to

utilize him personally. Its worth it to deal with you. Helps with treatment! I've worked with Travis and I could say with 100% self-confidence that I wouldn't be living a pain free existence if it wasn't for him and the process he offers helped me proceed through with the corrective exercises. The writer clearly understands how position and movement can be refined to change function and pain. In case you have damaged body parts it gets you in-balance as much as possible around those accidents. I am so grateful because of this book and will be buying one for everybody I love. Travis gives clear guidelines with pictures to guide you. My work is computer based so I am one of those people who have a lot of neck and shoulder pain problems. This book is an ideal guide to getting clear of pain. It takes work and if you put in the work it will do the job. This is essential read! I am going to takes steps to implement the things discovered into my sedentary workplace work life and have been functioning on my wife because of her chronic knee pain from warehouse function that the Doctors inform her can be a bone on bone condition that may eventually require medical procedures and her shoulder/throat pain from desk function because she got an workplace job due to her knees! ~TT Browse and follow the information in the reserve. His is an individual story that is easy to read and comprehend. Having chronic back pain I was willing to try almost anything. If you ever get the chance to listen to Travis tell his story, you will see him to be a down to earth man who mastered a method to help individuals who are experiencing physical pain. We live in the Mountains of WNC and I am in a position to hike and climb as I would have never dreamed. You could change your life. Not only does he possess a compelling story but the outcomes are staggering aswell. Following the simple actions in the book has helped me. Travis' book is great. The book will provide you with a way to start in on the method for an inexpensive.. I don't believe it had been coincidence that his publication was in my car on a Sunday when a friend at church shared that his wife was having genuine back pain. Travis' book is excellent. I recommend this book to anyone who has been suffering from discomfort.. These exercises possess relieved my back again pain from all of the lifting and moving patients I did so through the years! I had a car accident 31 years back and fractured my C-2 vertebrae. That is a whole system that works together to get the whole body functioning. If I had this book 10 years ago I'd of been in a lot less discomfort and been on much less medicine. This book is a great read for everyone not just chronic pain sufferers. If you're searching for an alternative solution for chronic discomfort that does not involve surgery or popping more pills, this is for you! It helps figure out the primary cause of problems and address it. And now that I have to do even more paperwork and pc work the spine, shoulders and hip exercises have kept me still in the workforce. The exercises had been easy to follow too. I have been a nurse for over 30 years and my body has taken a beating! After just a

couple days of just focusing there, I'm noticing the consequences up the range! I highly recommend this book. Well crafted and easy to understand. In the short hour that I got with him, i was able to notice a significant difference in how tall I felt after the program. I understood that Travis proved helpful in the field of body mechanics due to what my dad had told me and the exercises that Travis experienced developed for him but it appeared like a bunch of mumbo jumbo if you ask me. When I found out that his book had been provided on Kindle I decided to download it and find what he was about. I came across the book easy to read and, moreover, easy to comprehend. He has a method of breaking down the complicated and explaining it in laymen conditions, providing everyday illustrations that illustrate what he is endeavoring to convey. Even better discover a way of working directly with him when you can. I program on increasing this review as issues progress. Important information for all those that are encountering back pain and what to do about it. This book is a casino game Changer! (The book, not my car. Wore a Halo for 3 months and then the Drs thought I was simply fine. Get the book and work out how to be truly pain-free - so much that you can go for years between sessions! Before the incident, I rode horses and took a number of falls, kicks, etc. section of the life. Headaches from my neck getting compressed and shoulder/back/hip problems were constant and formidable after the crash until I came across Travis. It took time to unwind all of the dysfunction but it is a miracle to possess my own body back in a way I had by no means experienced, Another funny factor, I gained almost an inch in height which was never there before. Invest the the opportunity to read his book, you will be able to reference all of the stories, information, and exercises from his years of helping people. Personally i think solid on my foot and can rely on my stability and whole body functionality to be energetic and live well in my own 60's and beyond. He would like to help people and that trait can sometimes be rare nowadays. Want I had this publication 10 years ago After 3 combat tours in Iraq my body took a beating. A common sense approach for EVERYONE, not just chronic pain sufferers! I anticipate using many of the stretches incorporated in this book to greatly help me continue to get back to normal. Surprising how little things can result in major changes. You can even do in the privacy of your own home!" That's because he set me and I was pain-free or mostly pain-free after just 5 sessions with him. Good stuff! Practical exercises that really change lives. Get the reserve and get rid of you pain! I can actually carry my grand babies with no problem at all. If you'd prefer to empower you to ultimately feel better, try out this. They explained that I'd never get better and just have to live with the discomfort and come see them three times a week. (In the curiosity of full disclosure Personally i think compelled to state that Travis is definitely my nephew.



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