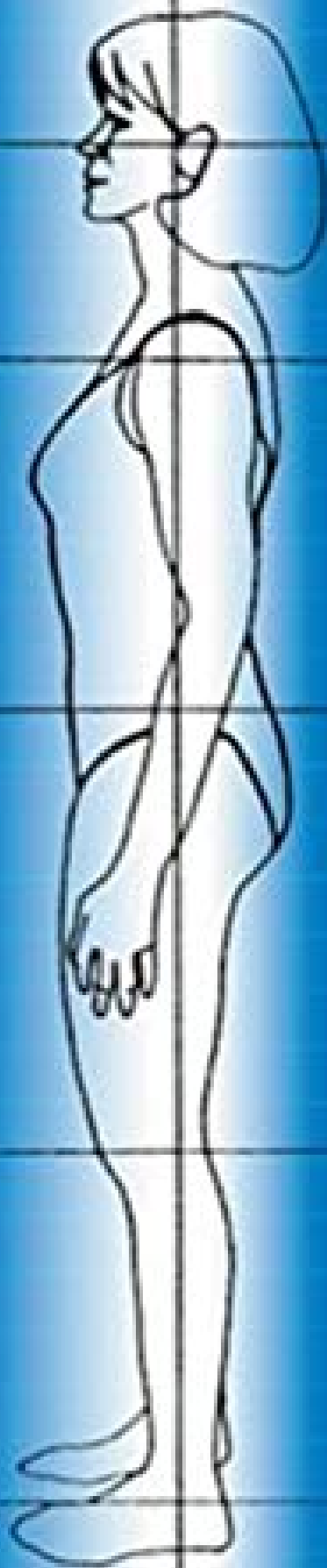


POSTURE, GET IT STRAIGHT!

Look ten years
younger,
ten pounds
thinner, &
feel better
than ever!

by Janice Novak, M.S.



Janice Novak

Posture, Get It Straight! Look Ten Years Younger, Ten Pounds Thinner
and Feel Better Than Ever



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It's true - improving your posture can make important differences in the manner you appear and feel. Make your self a promise to understand these simple techniques - and revel in the rewards of better position today! Like many people, though, you may think that your posture is hopeless, especially after years of slouching, slumping, or employed in positions that have strained your muscles and stressed the body This completely illustrated guide shows you how to beat poor posture behaviors and demonstrates easy strengthening exercises that begin working right away.



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Fantastic Fantastic book which includes advice and exercises which are well-organized, concise, and easy to follow. Furthermore, Mrs. Novak's willingness and helpfulness in reaching out to those who have queries regarding her books and guidance is unparalleled. An all in all excellent reference.. I was waking up daily with headaches and fatigue, but I've definitely noticed a strong improvement since I began doing these exercises.. an outstanding book and has been one of my best purchases. By the time others observed my awful hunch, it was already too late... This is an outstanding book and has been one of my best purchases. Brilliant! I was originally thinking about purchasing lumbar works with and devices that would help me keep my shoulders back. I'd have been disappointed. After reading particular chapters and learning the how-to's, this publication has helped me a lot. I have already been doing the recommended exercises daily and currently find improvement. If anyone can be struggling with standing straight wondering how does everybody else has it so easy, this book is crucial go through for them. I tote this publication around with me as a reminder to keep up good habits and also to do several exercises during the day. My orthopedic physician recommended related exercises This book is just what I had a need to correct "computer neck" (jutting forward of the neck because of constant use of the computer). My orthopedic physician recommended identical exercises, Five Stars I like the method promoted here by Janice Novack, it looks like a program that I will benefit from. Ideal for the Back Required help on my position!! Found it getting worse as I'm getting older... I have had posture problems and muscle mass tightness for years and this has actually helped me.this is a good book - we also received excellent service. Five Stars love the way that is set up. It would work much better only if I'd use it. posture Perfect reading and illustration of what and how to get it correct. This book has enabled me to handle the underlying problem of unused and/or undeveloped muscle groups. I recommend it to all who've posture problems. Straighten Up! Great suggestions and superb corrector for daily practice. I got a lot of tips which I sorely needed for my bad back. Thanks. Four Stars Contains some worthwhile details and exercises. I don't usually write reviews, but I can't say enough positive reasons for having this DVD.. Recommend both products I bought this reserve with beizi corrector for myself and my teenage girl. The diagrams are full .. Their constant reminders to stand right worked in the unfavorable zone for me as I thought I could never conquer this art and will look ugly all my entire life. Where to begin.. . My father had employment in a foreign nation and my grandmother who was simply my default caretaker was developing dementia. All the exercises are demonstrated as a woman doing them inside your home which I supposed provides an example of locations you can do the motions. Overall it concentrate on ways to keep posture strong and not enough on how to improve it in case you have back problems.. Great publication. Recommend both products Three Stars OK. I am a professional nearing 50 and observed how people with excellent posture automatically have a more authoritative presence. Janice is the posture guru Brilliant! Janice may be the posture guru! She is so thorough and really clarifies every move and why you are doing it, making it clear to see the issue and the needed answer. Thank you!.. Each time I tried to correct my posture, my back became strained to the point that I couldn't actually stand, aside from stand straight. I also bought a duplicate for my mom and I'm about to buy one for my grandma who suffers from migraines. Where to start. Easy, comprehensive, and all inclusive! An excellent part of the exercises are performed from a chair, rendering it easy for everyone to do this dvd. Novak provides unlocked this for herself and has generously shared it with all... This book is a gem. The book is well written and great descriptions of how to do each exercise. Additional well

wishing people can tell you if you are slouching also to stand straight, but they can never understand the struggle of these who did not find out this skill while growing in height. Can't defeat this. Her 3 minute feel good instruction will probably be worth a million dollars. When I was growing in height very quickly at about 11 years of age, my mother had died of cancers. The diagrams are filled with arrows and dashed lines which don't give you any sense of what you ought to actually be doing. Interpersonal life was nonexistent, school was a struggle. I am a specialist nearing 50 and .. Getting anyone who has done millions of exercise dvds, I'd strongly recommend this.



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