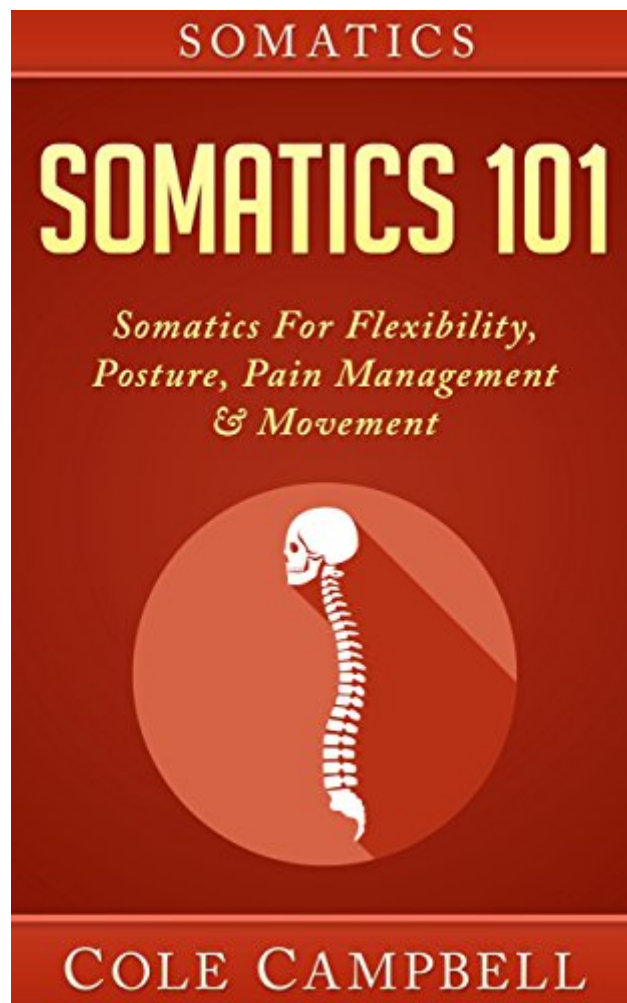


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# **Somatics: Somatics 101: Somatics - For: Flexibility, Posture, Pain Management & Movement (Posterior Chain, Hips, Chi Kung, Craniosacral, Neurosculpting, Self Adjusting, Chronic Pain)**





## Synopsis

You may never have heard of Somatics before, or simply have an interest in what the subject is all about. If this is the case then this is the book for you! Read it FREE on Kindle Unlimited - Download TODAY! Somatics is a relatively young field of research, dating from the latter part of the twentieth century. Although there are traces of the techniques and practices as far back as ancient Greece, it is only within the last thirty years that it has started to become recognised as a mainstream alternative. In essence somatic exercises are designed to retrain your mind. It is believed that the mind can be reprogrammed to move away from responses formed by habit and return to a state where you can control your own muscles and prevent them from becoming contracted for an extended period of time. This theory leads to the belief and confirmation that performing these exercises regularly will help you to relieve persistent pain, whether joint, muscle or even tendon pain. All of these pains are caused by the pressure being placed onto the injured part from a muscle that has remained contracted. Simple exercises can re-teach the brain to relax and contract the muscle at will. This can enable you to live a pain free life and even develop a better flexibility; mobility and posture. The book looks at the history of this new therapy method and the main ways this can be applied to pain relief. Inside you will find example exercises as well as a guide on how to get started and the main advantages and risks of adopting this theory. You may not have heard or understood the power of Somatics before you read this book, but you are certain to want to try it for yourself by the time you finish it! Scroll to the top and click the "BUY" button

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## Customer Reviews

I had a huge interest to know more about somatic and exactly for that why, I was looking for a helpful guidebook. By hearing my interest, one of my cousins told me to read this book and I just followed her suggestion. This was an amazing & helpful read so far and now I am really thankful to my cousin to letting me know about this book. Inside here I have found lots of info & guides about somatics. Throughout this read I have come to know about this ancient practice. Guys, if you want to develop your flexibility, mobility and posture, then don't miss your chance to read this book & try somatic practice. I am really impressed by reading this book and learned a lot from here so I will like to recommend this book. It will be my honest opinion about the quality of this book.

This is an important book for anyone who would like to move more freely and with greater ease, or who would like to be pain-free and active no matter how old you are. It is truly life-saving information for anyone with physical pain, movement problems, etc., especially lower back pain! Along with support from a wonderful Feldenkrais-trained physical therapist who has a similar approach, the information he provides is helping me regain my mobility and reduce and avoid pain.

Somatics is a relatively young science; it has only become part of the mainstream alternative treatment options within the last thirty years. The ability for somatic simple exercises to help restore movement and painful muscles and improve your flexibility and posture is intrinsically linked with the ability for your brain to be reprogrammed. This is a very interesting and informative book. You will learn a lot about somatics and I believe that for you this book will be interesting and useful.

Somatics is a path, a methodology, a change theory, by which we can embody transformation, individually and collectively. Somatic exercises are simply one key towards unlocking the full power

of the human mind, a mind that is currently only used to less than a tenth of its potential. This book should have opened your eyes to what is possible. Here you will find information about Somatics, when and how it was created, as well as the techniques that are practiced. Very useful and informative book.

The book tells the stories of people who developed limiting pain problems, and how they were able to rebalance their muscles to restore better health. It also gives specific exercises that you can do at home to rebalance your own muscles and relieve pain. This book uses visual aids to teach you how to solve your own skeletal problems, such as a painful back, headaches. Chronic problems such as poor posture can be changed in very little time. You will learn to troubleshoot your own problems and gain flexibility and strength.. I had undergone many types of treatment with little enduring relief, and this work is what gave me the tools to finally heal my body. Very informative book!!!

I have a sedentary life style, with a PC based job, and have to deal with some chronic pains developing throughout the years of sitting still in front of my PC. I heard of somatics and thought I can give it a try too, and this book was a great help, revealing many secrets, sharing many tips. Exactly what I needed as a starter guide.

I had a huge interest to know more about Somatics and for that reason I purchased this book a week ago. Inside of this book the author has described about Somatics for posture, flexibility & pain management. Thought I heard about this new therapy method before, but this book gave me detailed knowledge. By reading this book I have understood how can I applied this method for pain relief. Inside of this book I have found example exercises, and those were very helpful. By reading this book I have also come to know about the advantages and risks of adopting this theory. I am really glad to read this book and here I have found plenty of information about this new therapy method.

I've learned a huge deal of information from this book. One way to restore balance is to employ mindful movement where you tap into the brain's ability to direct an easy or gentle movement pattern. You make the decision to do a particular movement and stay well within your comfort zone.

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