



The Miracle Ball Method: Relieve Your Pain, Reshape Your Body, Reduce Your Stress [2 Miracle Balls Included]

Elaine Petrone

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Take two-they're small. And they perform miracles. Suffering a career-ending, potentially crippling injury to her back and right leg, a young dancer named Elaine Petrone tried everyone from orthopedists to yogis to turn her pain and prognosis around. Nothing worked-until she healed herself through a unique program of therapy and exercise based around the use of two small, squishy balls. From there she turned her passion into a mission that is helping the thousands of people who visit her classes conquer pain, stress, and injury.

Now, for relief for sufferers everywhere, comes *The Miracle Ball Method*, a healing kit containing two miracle balls and a fully illustrated book, all packaged together in an attention-getting clear plastic cylinder. The work itself is simple. Take a sore back: By resting your aching back on the grapefruit-sized balls and letting your body sink into them, you're unworking the muscles that hurt. Pain and tension drain out of the body. Petrone shows how proper breathing (which she demonstrates) works in conjunction with a range of unexercised that call for placing the balls under the back, head, knees, hip, elbow-wherever there's pain-and then resting, rolling, or rotating on them. She points out that relief can come in surprising ways: Lower back pain may be helped by placing the ball under your neck, or a bad knee might be helped by hip work. It's a revolutionary program of relief, from head to toe.

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From reader reviews:

Clifford Ranger:

Spent a free time for you to be fun activity to complete! A lot of people spent their sparetime with their family, or their particular friends. Usually they performing activity like watching television, about to beach, or picnic in the park. They actually doing same every week. Do you feel it? Do you wish to something different to fill your free time/ holiday? May be reading a book could be option to fill your free time/ holiday. The first thing you will ask may be what kinds of publication that you should read. If you want to consider look for book, may be the guide untitled The Miracle Ball Method: Relieve Your Pain, Reshape Your Body, Reduce Your Stress [2 Miracle Balls Included] can be great book to read. May be it is usually best activity to you.

Ron Lauer:

Exactly why? Because this The Miracle Ball Method: Relieve Your Pain, Reshape Your Body, Reduce Your Stress [2 Miracle Balls Included] is an unordinary book that the inside of the book waiting for you to snap it but latter it will jolt you with the secret the idea inside. Reading this book alongside it was fantastic author who write the book in such incredible way makes the content on the inside easier to understand, entertaining way but still convey the meaning fully. So , it is good for you because of not hesitating having this anymore or you going to regret it. This phenomenal book will give you a lot of benefits than the other book have got such as help improving your proficiency and your critical thinking means. So , still want to delay having that book? If I were you I will go to the publication store hurriedly.

Rebecca Kurtz:

The Miracle Ball Method: Relieve Your Pain, Reshape Your Body, Reduce Your Stress [2 Miracle Balls Included] can be one of your nice books that are good idea. Most of us recommend that straight away because this guide has good vocabulary that could increase your knowledge in language, easy to understand, bit entertaining but still delivering the information. The article writer giving his/her effort to get every word into delight arrangement in writing The Miracle Ball Method: Relieve Your Pain, Reshape Your Body, Reduce Your Stress [2 Miracle Balls Included] however doesn't forget the main stage, giving the reader the hottest in addition to based confirm resource details that maybe you can be certainly one of it. This great information can certainly drawn you into fresh stage of crucial imagining.

Marline Deluca:

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