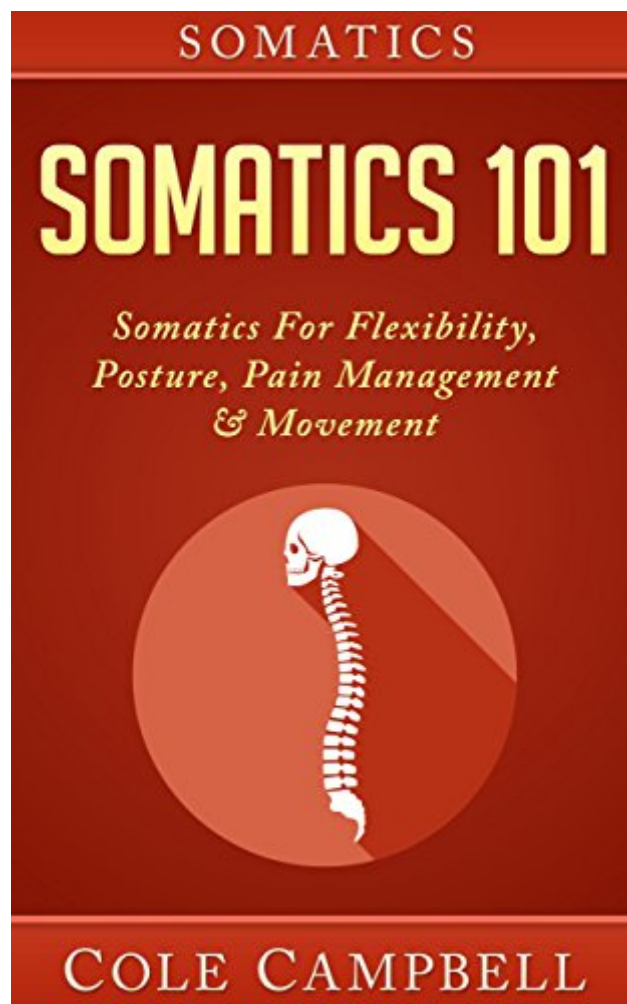


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# **Somatics: Somatics 101: Somatics - For: Flexibility, Posture, Pain Management & Movement (Posterior Chain, Hips, Chi Kung, Craniosacral, Neurosculpting, Self Adjusting, Chronic Pain)**





## 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!â† Read it FREE on Kindle Unlimited - Download TODAY! â†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!â† Scroll to the top and click the "BUY" button â†

## Book Information

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## Customer Reviews

If you have the slightest to most severe back problem, and want to learn and apply yourself, you can gently work miracles of realignment and pain relief with the guidance in this book - The explanation of the neuromuscular patterns of stress and trauma and how they contribute to negative aging, dysfunctional posture and chronic pain provide valuable insight helpful for sufferers as well as for the teachers and therapists who try to help. The drawback is the difficulty involved in learning new and unfamiliar movement exercises from the printed page and the pictures are not very helpful. But working with a partner who can read you the directions, repeating them as needed can be helpful. it is truly and absolutely a miracle-worker. I was told there was no help but surgery, and no hope but deterioration for my condition - but it ain't so! Grab this book and stop the pain.

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.

This is one of the most helpful I have bought here in . I know I have some body pains and I figured it is because of my lack of exercise. I am always facing a computer with my job and I didn't even know how to sit properly while working. It is what I think the main reason why I suffer from body pains, but I am too busy to go to the hospital. This book has helped me relieve the pain I am feeling and I have learned a lot of steps to avoid it. This is indeed a very helpful book for everyone.

Excellent book. This book uses visual aids to teach you how to solve your own skeletal problems, such as a painful back, headaches. 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! This book is strongly recommended!!

Excellent! This book has offered me insight about a hip pain I've carried for years and helped me locate its probable source in my lower back. This is a how-to-heal-yourself guidebook that is simple to read and the exercises offered in the back are simple and accessible to anyone with a body who can read. As a yoga teacher, I've shared some of this wisdom with students and they are delighted to figure out how to release unwanted tension from their bodies. This is a must-read for body-workers, teachers of any type of exercise and for people who want to learn to move through the day pain-free. Really worth recommending!

The book covers details as it relates to Somatics ..find out the general uses of somatics ..how to get started..using somatics to improve flexibility , pain management as well as other important information. Readers will definitely gain sound knowledge of Somatics from the information provided..great for persons who want to know exactly what benefits are to their body and how it helps some conditions in the body.

This is an interesting read, Somatics is a path, a methodology, a change theory, by which we can embody transformation, individually and collectively. Embodied transformation is foundational change that shows in our actions, ways of being, relating, and perceiving. It is transformation that sustains over time. The book is well written and easy to understand thanks.

I never heard Somatics before until i grabbed this book out of curiosity and i really glad that i got this book because i never thought how applicable it is from me a busy mom with small business sometimes i felt that my body is giving up with this book and it teaching i learn how to exercise which helps me not only to reduce pain but also enjoy proper posture!

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