

Arguing that most of what our culture has taught us about posture is misguided—even unhealthy—and exploring the current epidemic of back pain, many of the commonly cited reasons for the degeneration of spinal discs and the stress on muscles that leads to back pain are examined and debunked. The historical and anthropological roots of poor posture in Western cultures are studied as is the absence of back pain complaints in the cultures of Africa, Asia, South America, and rural Europe. Eight detailed chapters provide illustrated step-by-step instructions for making simple, powerful changes to seated, standing, and sleeping positions. No special equipment or exercise is required, and effects are often immediate. If the Asset Queen can be super fit at 50 years young despite all her "kvetches," so can you!" Join Bethanne Weiss as she gets you fit and healthy beyond your wildest dreams-without uttering the dreaded words "workout, exercise," or "diet." With humor, science, and little Yiddish, the Asset Queen will: Inspire you with stories about people (including the AQ herself) who have reinvented their bodies, health, and lives in their 40s, 50s, 60s, and beyond. Turn you into a super-creative, energetic, fat-burning machine despite what aches and ailments you "kvetch" about. Help you ditch that closetful of costly "diet" concoctions and miracle potions. Show you that the only body-changing investment you need is this book! Restore your "tuchus" to its glory days. For a fraction of the cost of one mani-pedi, you can finally say buh-bye to your granny panties and your chair-for good! Explores an individual's relationship to family, friends, and even pets. From the Caldecott Medal-winning author of *The Snowy Day*, Ezra Jack Keats, *Peter's Chair* is a picture book classic about a sibling rivalry. Peter, the hero of many of Ezra Jack Keats' award-winning books, has a new baby sister. When she arrives, his parents paint his old baby furniture pink for the new baby. There's only one thing they haven't painted yet, though: his little blue chair. He'll do whatever it takes to save it—even run away! This is a gentle and reassuring story about sibling rivalry and a perfect gift for any family expecting a new baby. In pictures and simple text the book presents unexpected opposites, like a big zebra sweeping with a little broom, or a big lion riding in a tiny wagon. *The Adult Chair* is more than a book, or a tool, or a process. It is an entirely new way to see your world, your relationships, your career, and your life.

Eventually, you will agreed discover a new experience and ability by spending more cash. still when? pull off you consent that you require to get those every needs subsequently having significantly cash? Why dont you try to get something basic in the beginning? Thats something that will lead you to comprehend even more in relation to the globe, experience, some places, considering history, amusement, and a lot more?

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