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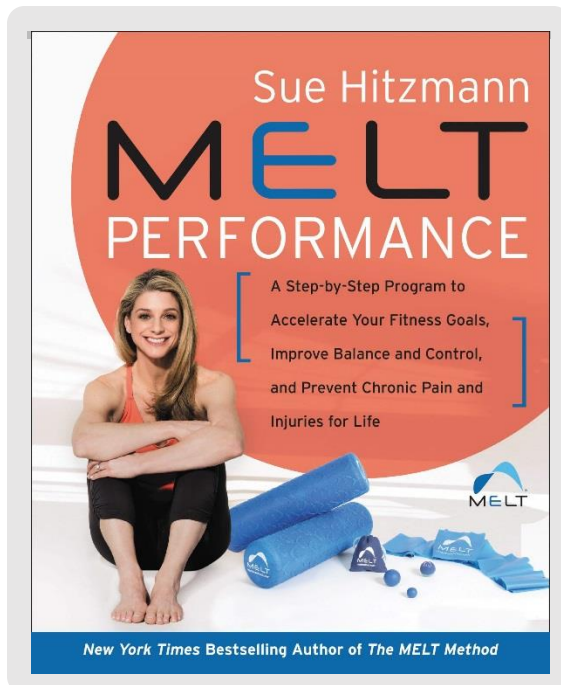
**SUE HITZMANN**

**MELT PERFORMANCE**

*A Step-By-Step Program to Improve Balance and Control, and Prevent Chronic Pain and Injuries for Life*

**Saturday, May 18, 5:00 PM**

**PRESS RELEASE:** 16 April 2019 **CONTACT:** Gail Mishkin [gailm@flintridgebooks.com](mailto:gailm@flintridgebooks.com)



**La Cañada Flintridge, CA** – On Saturday, May 18 at 5:00 PM, Flintridge Bookstore & Coffeehouse welcomes New York Times bestselling author, exercise physiologist, and renowned educator, Sue Hitzmann, here to share **MELT PERFORMANCE: A Step-By-Step Program to Improve Balance and Control, and Prevent Chronic Pain and Injuries for Life.**

- Do you want to stay fit, but are dealing with aches and pains that make it more difficult to work out?
- Are you an athlete facing constant injuries that hold you back from achieving peak performance?
- Do you want to exercise or train without being sidelined by stress fractures, strained ligaments, and painful joints?

Then get ready for **MELT PERFORMANCE** (HarperOne; April 2019).

With her *New York Times* bestselling debut *The MELT Method*, Sue Hitzmann, MS, CST, NMT, introduced us to the healing power of our connective tissue. Now with **MELT PERFORMANCE**, she shares the power of another untapped resource in our bodies. It's called neurological joint stability, or NeuroStrength.

The foundation of **MELT PERFORMANCE** is stability. Acquiring stability allows the body to respond to the demands of motion. It's the way we were designed to function—and enables us to move more efficiently, improve coordination, and save our joints.

With instructional images throughout, **MELT PERFORMANCE** provides sequences, resources, and guidance, helping readers to check in, restore, and reintegrate joint stability before it's compromised, giving an unparalleled advantage to anyone who trains hard to perform at their best. Hitzmann's techniques are proven to work—they're already used by world-renowned professional athletes and fitness enthusiasts. This is essential reading for anyone who is ready to improve their performance and prevent injury, no matter what sport or activity they pursue.

About the Author: **Sue Hitzmann, MS, CST, NMT**, is the creator of the MELT Method®, a simple self-treatment technique that helps people get out and stay out of chronic pain. A nationally recognized educator, manual therapist, exercise physiologist, and founding member of the Fascia Research Society, Sue is the author of the *New York Times* bestselling book *The MELT Method*, which has been translated into eight languages and helped over 200,000 people lead a healthy, pain-free life.

For more information, contact Gail Mishkin at (818) 790-0717. Flintridge Bookstore and Coffeehouse is located at 1010 Foothill Blvd., La Cañada Flintridge, CA 91011, at the intersection of Foothill Blvd. and the Angeles Crest Hwy. Take the Angeles Crest exit off the 210, turn south, make a right onto Foothill Blvd., and turn left onto Chevy Chase. Parking is in the rear of the store.