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## Heal your body & overcome chronic pain.

Most pain is caused by the way we use our bodies, and simple changes can actually heal pain and prevent future injuries from developing. Sarah Warren, founder of the Somatic Movement Center, has helped thousands of people with chronic muscle and joint pain become pain free. She shows how anyone can learn to prevent and eliminate chronic musculoskeletal pain through a simple, gentle process of retraining their nervous system. Included are videos that demonstrate her ground-breaking process for life-changing results.

This book is great for anyone who has tried chiropractic treatments, naturopathy, yoga, physiotherapy, or massage therapy and still experiences chronic pain. Readers will love this book if they are interested in:

- Yoga, Pilates, massage, or meditation
- Natural healing
- Curing sciatica, TMJ, iliopsoas syndrome, carpal tunnel syndrome, osteoarthritis pain, and other common pain conditions
- Lower back pain relief
- CARS (Controlled Articular Rotations) or FRC (Functional Range Conditioning)

### About the Author

Sarah Warren is a Certified Clinical Somatic Educator and owner of Somatic Movement Center. She has helped people with chronic muscle and joint pain, back pain, sciatica, scoliosis, and many other painful musculoskeletal conditions become pain-free by practicing Thomas Hanna's groundbreaking method of Clinical Somatic Education. Clinical Somatics exercises are a highly effective, long-lasting alternative to traditional methods of pain management. Sarah is passionate about teaching her students how to take care of themselves and helping them through their journey toward lasting health. Visit the Clinical Somatics website: [somaticmovementcenter.com](http://somaticmovementcenter.com).

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