

MASTER YOUR CORE

A SCIENCE-BASED GUIDE TO ACHIEVE PEAK PERFORMANCE
AND RESILIENCE TO INJURY



DR. BOHDANNA ZAZULAK

Includes high-quality author how-to
online video instruction.

Unleash the power of your core to achieve performance.

Dr. Bohdanna Zazulak has devoted her career to figuring out why so many people get injured in sports and everyday life. What she discovered is that properly training your core muscles is the most important thing anyone can do to improve health, build strength, and reduce risk of injuries. In this book, Dr. Zazulak explains in simple terms what core stability truly means from a scientific perspective, and how a stable core directly relates to fewer injuries, better performance, and better physical, mental, and emotional health.

Here's just a taste of the core empowering methods readers will learn in this book:

- The three types of meditation for calming the body and mind to enable anyone to experience profound mental clarity and physical relaxation
- Simple breathing exercises that will retrain inner core muscles and surprisingly increase strength
- A step-by-step process to improve posture, which can instantly lift mood, boost confidence, and reduce aches and pains from sitting or standing all day
- How to develop a strong foundation of power for any sport
- How to dramatically improve bone health, longevity, and quality of life

About the Author

Bohdanna "Billie" Zazulak, DPT, OCS won the prestigious Rose Award from the American Physical Therapy Association for her groundbreaking research and has three decades of experience as an American Physical Therapy Association Orthopedic Certified Specialist, a Doctor of Physical Therapy in Sports Medicine and Orthopedics, and a researcher and faculty member at Yale New Haven Hospital and Yale University School of Medicine. Dr. Zazulak's pioneering research on core stability, injury prevention, and rehabilitation has been published in top-tier medical journals and textbooks in medical and physical therapy curricula. Her main interest is in promoting core stability for all so that fewer injuries will occur in younger lives, and fewer incapacities will be experienced in their older adult lives. Dr. Zazulak received her Bachelor of Science in Physical Therapy from the State University of New York, Master of Science in Orthopedic Physical Therapy from Quinnipiac University, and Doctorate of Physical Therapy from Temple University, and now works and lives in Connecticut, where she was recently recognized as a "Top Doctor" by Women in Medicine.



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