

Power Over Pain: Intelligent Fitness for the Amateur and Professional

Shereen D D Farber, Debra S Knapp
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**Intelligent Fitness for the
Amateur and Professional**

by **Shereen D. Farber**
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Shereen D D Farber, Debra S Knapp : Power Over Pain: Intelligent Fitness for the Amateur and Professional
before purchasing it in order to gage whether or not it would be worth my time, and all praised Power Over Pain:
Intelligent Fitness for the Amateur and Professional:

0 of 0 people found the following review helpful. Five Stars By RonA Great book! 1 of 1 people found the following
review helpful. A must have book for people in pain!! By Lindy614 Deb Knapp is an authentic healer. Her knowledge,
technique and compassion are truly one of a kind. I heard Shereen Farber and Debra Knapp speak at a Parkinson's
Disease meeting 2 1\2 years ago. I grabbed her card and immediately called her. After 2 back surgeries plus 12 years
of battling postural instability caused by my Parkinson's Disease I was in pain, bent over and severely leaned to the
right. She gave me an individualized workout targeted at correcting my muscle imbalance. Deb and her book of
exercises have helped me control my back pain and walk much more upright. If you are in pain, you need this book!!

This user-friendly book contains a treatment philosophy and processes designed to reduce or eliminate chronic pain without surgery, oral medication, or intensive rehabilitation. Organized by body regions from the feet to the head, it contains a multitude of simple exercises, many of which can be implemented directly into your daily routine. Topics such as postural alignment, balance, respiration and recommended equipment compliment the text. Also included are interactive segments to chart progress and provoke thought.