

Why Things Hurt: Life Lessons from an Injury-Prone Physical Therapist (Paperback)



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Reviews

The publication is fantastic and great. It can be rally exciting throgh reading period of time. I am just very happy to inform you that this is the greatest publication i actually have read in my very own daily life and could be he very best ebook for at any time.
(Prof. Alvis Wuckert)

WHY THINGS HURT: LIFE LESSONS FROM AN INJURY-PRONE PHYSICAL THERAPIST (PAPERBACK)



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Brent Stevenson Physiotherapy Corp, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Why Things Hurt is a collection of true stories and meaningful explanations about how our bodies work and the journeys we travel to maintain them. It provides accessible answers and structured principles on topics such as posture, pain, pregnancy, exercise, footwear and sports. Physiotherapist, Brent Stevenson discusses how to navigate your medical systems and what you should and should not expect from your physicians. He outlines what everyone should know about their own body, both physically and emotionally, by combining conversational lessons with cathartic true stories of injury, pain, resilience and perseverance. This book will empower you to make proactive choices for your body and help guide your journey in the right direction. Praise for Why Things Hurt: This book encapsulates Brent s wisdom beyond his years and is extremely well written. It is personal, yet professional. Through his blogs and patient s stories Brent explains the current state of the art and science of physiotherapy and has made the complex topic of chronic pain simple to understand. Experience doesn t always create wisdom, but reflection and sharing of experiences often does. I personally and professionally resonated with many parts of this book and look forward to using it as a tool in my practice to help clients understand Why Things Hurt. -Diane Lee, Physiotherapist Educator From cover to cover, Why Things Hurt is a rare and exciting reading adventure. He explores the ever-fascinating multiverse of the dynamics of the body and mind, related with his own unique heart, empathy and practicality. A handbook for every health care professional and any body that loves to move regardless of age or stage of life. -Siobhan O Connell, Physiotherapist Clinical Pilates...



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