



Pain Free Football: Get Rid Of Troublesome Injuries, Recover Quickly Between Games And Reach Peak Fitness (Somatics Exercises For Soccer Injury Rehabilitation, Performance And All-Round Wellbeing)

Jonathan Hunt

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Finally... An Effective Answer To Injury Problems That Doesn't Require Time-Consuming Trips To See Specialists

This guide will show you how to get rid of niggling injuries, recover quicker and get better at soccer. Not only will you relieve pain immediately, you'll find these routines give you a zen-like sense of calm and all allow you to take your game to the next level. Armed with this information, you'll regain control of your body, your performance and your wallet.

Tell Me more...

Maybe you're struggling to recover from serious injury. Perhaps you suffer from niggles that stop you reaching peak fitness. Or it could be that your body just doesn't feel as good as it did a few years ago. Your touch is off and you're misplacing passes. Something's wrong and you can't quite put your finger on it. With just 20 minutes of exercises a day, you can reverse these restrictive muscular patterns, which are known as Sensory Motor Amnesia (SMA). That's just a way of saying your body's all tight and out of sync due to the the build of injuries, desk work and the stresses of modern life. But it's fixable.

Pain Free Football Will Show You How...

My name is Jonathan Hunt and I'm a former professional footballer. As a footballer, I achieved top flight status in a career spanning over a decade. I spent two successful years at Derby County in the English Premier League as well as three seasons with Birmingham City, collecting a Player of the Year and Top Goal Scorer awards along the way.

Then, I was Forced To Retire Through Injury...

After my professional career finished, I decided to travel. On my way around the world, I made a discovery

that not only completely cured me of my pain, but returned me to playing football with an enhanced freedom of movement that I wouldn't have believed was possible.

Now I Want To Share This Knowledge With You...

After years of striving to find freedom of movement following a serious back and pelvic injury, my discovery and subsequent learning experience of somatic exercises brought about a profound healing of myself and, as a fully qualified Hanna Somatic Educator, of others. Amazingly, after almost five years away from the game I love, I was able to restart my playing career at a semi-professional level in the Conference South and Ryman Premier Leagues. I am now training and playing games with greater comfort and ease of movement at 41 than I was in my mid to late twenties. And I'm still scoring goals. I attribute this to the daily use of the somatic exercises in this book.

The Benefits of Pain Free Football Are Clear...

No more throwing money at specialists who have no real incentive to cure you of your discomfort. If you currently spend over \$50 a year on visits to physios, chiropractors, osteopaths, yoga classes, whatever it may be, then you're saving money the second you buy Pain Free Football, and you'll go on saving.

With Pain Free Football, you'll be stronger, fitter and more flexible than ever before. You'll have the ability to eliminate nigging injuries and recover faster. What have you got to lose?

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From reader reviews:

Joseph McNeal:

Have you spare time for a day? What do you do when you have much more or little spare time? Yep, you can choose the suitable activity with regard to spend your time. Any person spent their own spare time to take a stroll, shopping, or went to typically the Mall. How about open as well as read a book allowed Pain Free Football: Get Rid Of Troublesome Injuries, Recover Quickly Between Games And Reach Peak Fitness (Somatics Exercises For Soccer Injury Rehabilitation, Performance And All-Round Wellbeing)? Maybe it is to get best activity for you. You recognize beside you can spend your time together with your favorite's book, you can better than before. Do you agree with its opinion or you have additional opinion?

Rachel Louviere:

This Pain Free Football: Get Rid Of Troublesome Injuries, Recover Quickly Between Games And Reach Peak Fitness (Somatics Exercises For Soccer Injury Rehabilitation, Performance And All-Round Wellbeing) book is absolutely not ordinary book, you have it then the world is in your hands. The benefit you have by reading this book is information inside this book incredible fresh, you will get data which is getting deeper anyone read a lot of information you will get. This particular Pain Free Football: Get Rid Of Troublesome Injuries, Recover Quickly Between Games And Reach Peak Fitness (Somatics Exercises For Soccer Injury Rehabilitation, Performance And All-Round Wellbeing) without we understand teach the one who looking at it become critical in pondering and analyzing. Don't end up being worry Pain Free Football: Get Rid Of Troublesome Injuries, Recover Quickly Between Games And Reach Peak Fitness (Somatics Exercises For Soccer Injury Rehabilitation, Performance And All-Round Wellbeing) can bring whenever you are and not make your case space or bookshelves' turn out to be full because you can have it within your lovely laptop even phone. This Pain Free Football: Get Rid Of Troublesome Injuries, Recover Quickly Between Games And Reach Peak Fitness (Somatics Exercises For Soccer Injury Rehabilitation, Performance And All-Round Wellbeing) having great arrangement in word and layout, so you will not feel uninterested in reading.

Dennis Mock:

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Patricia Rivera:

Spent a free time and energy to be fun activity to do! A lot of people spent their spare time with their family, or their very own friends. Usually they undertaking activity like watching television, about to beach, or picnic in the park. They actually doing ditto every week. Do you feel it? Do you want to something different to fill your own free time/ holiday? Could be reading a book can be option to fill your totally free time/ holiday. The first thing that you will ask may be what kinds of e-book that you should read. If you want to try look for book, may be the e-book untitled Pain Free Football: Get Rid Of Troublesome Injuries, Recover Quickly Between Games And Reach Peak Fitness (Somatics Exercises For Soccer Injury Rehabilitation, Performance And All-Round Wellbeing) can be very good book to read. May be it could be best activity to you.

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