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The Couch Potato Exercise Program

By Lee Hart

Page Publishing, Inc., United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Overstressed, too busy or too tired for exercise? Suffering headaches, hypertension, carpal tunnel syndrome, or other stress related diseases? Suffering stiffness, weakness, or pain from injury, illness, age, over activity, or under activity? Tongue in cheek, Lee Hart shares easy exercises he developed as well as information from a variety of healing modalities including from the Angels School that he used embedded on a couch to recover from exacerbated back, neck, and brain injuries after being rear-ended a second time in order to go to the bathroom. Couch Potato Exercises can be used during work breaks, while watching TV, or if confined to a wheel chair or bed to improve flexibility, release stress, tension, and physical and mental toxins. They are an excellent means for parents to bond with and teach young children healthy and safety patterns for life. Lee Hart's The Couch Potato is a fun read because it leads us to think, feel, evolve, and know. Bernie Siegel, MD author of A Book of Miracles and the Art of Healing.



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