



# Instant Relief: Tell Me Where It Hurts and I'll Tell You What to Do

*Peggy Brill, Susan Suffes*

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**Instant Relief: Tell Me Where It Hurts and I'll Tell You What to Do** Peggy Brill, Susan Suffes

A renowned physical therapist helps you get rid of your pain in just 10 seconds.

In this one-of-a-kind book, Peggy Brill, acclaimed author of **The Core Program**, shows you how to find relief from chronic and everyday aches and pains as well as all those stress-related pains that can attack so suddenly—whether you're at work, in a car or a plane, at home with your kids, recovering from surgery, or relaxing in bed. Instant Relief provides 100 clearly illustrated, easy-to-do 10-second exercises that provide immediate therapy for every part of your body—from your head to your toes.

- *Does your upper body ache after hours of hunching over a report due by the end of the day?*

Try doing the Brill Chicken. For extra relief, there's the Dead Brill Chicken.

- *Desperate to get rid of that tension headache?*

Try the Tongue Press, the Ear Tug, the Cheek Release, or the Scalp Glide.

- *Is your lower back killing you?*

Do the Pelvic Rock or the Pelvic Clock.

- *Feel those calves cramping up again?*

Do the Ankle Pump.

- *Need something to relieve your aching feet?*

Try the Foot Dome, the Toe Lift, or a simple self-massage.

- *Does your knee hurt when you walk downstairs?*

Do the Squeeze and Step.

*From the Paperback edition.*

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#### **Jane Garner:**

Have you spare time for just a day? What do you do when you have more or little spare time? Yes, you can choose the suitable activity intended for spend your time. Any person spent all their spare time to take a wander, shopping, or went to typically the Mall. How about open as well as read a book eligible Instant Relief: Tell Me Where It Hurts and I'll Tell You What to Do? Maybe it is to get best activity for you. You realize beside you can spend your time with your favorite's book, you can smarter than before. Do you agree with its opinion or you have additional opinion?

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