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# Move Like An Animal: Feel Comfortable, Be Flexible, Move Well For Life In 3 Simple Steps.



## Synopsis

Do you want to stop living with physical pain, stiffness or discomfort? Do you want to feel comfortable right now? Men and women are discovering we can naturally end pain, stiffness and discomfort in its tracks using a natural movement method where we remember to move like an animal again, a very healthy and happy one. With our new understanding of neurophysiology and how much more our movement system plays a role in your well being, people such as Dr. Oz knows that movement trumps exercise. Dr. Deepak Chopra knows the key is to move and breathe. Lower intensity movement helps you relax according to Dr. Amen. Dr. Mercola understands how chains of movement helps us improve our ability to move. Some of the benefits of easy movement include:â €¢ Getting out of physical painâ €¢ Being naturally flexibleâ €¢ Regaining mobilityâ €¢ Stress & tension reliefâ €¢ Recovering more quickly from injuryâ €¢ Sleeping more soundlyâ €¢ And to keep having those delicious night moves to share with your partner. In this book, Edward Barrera, Hanna Somatic Educator, will show you Exactly how he has taught people all over the world to regain mobility, retain vitality and naturally return to comfort. To Move Like an Animal is to remember how we used to move as freely as we did as children and how to reclaim our natural birthright and power to move well. This book is a road map to successful pain free healthy living. Get your copy now.

## Book Information

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## Customer Reviews

I ran across this book while viewing some videos on YouTube about exercising. The word "somatic" exercises caught my eye so I watched one. Well, one thing led to another and I ended up finding Edward Barrera's book. Here you will find exercises unlike anything you have ever done. Mr. Barrera has numerous exercises in his book that he demonstrates and teaches you how to do them. There are also some video testimonials from people he has worked with that have seen dramatic results from his training. At the age of 60, I have accumulated a few aches and pains so I am in the process of working through a couple of them and have started to notice some improvement. This is encouraging and makes me hopeful. Check out this book for yourself if you are interested in experiencing improvement in your body without the use of drugs. What have you got to lose "except the pain!"

As a therapist for 17 years I have worked with thousands of people to help them reduce their pain, increase their range, and restore strength. This is written with the lay person in mind but it is helping me find solutions along with the many techniques I use as an Occupational Therapist and Registered Functional Therapist. There are many techniques that therapists draw on to help patients heal. This is an excellent system to add to those. The exercises are very easy and you often will have instant improvement. I think it may take you in new directions as you return to your fully functional life. I used the technique on myself to recover from a strained hamstring and I've used it with many patients with body and limb pain. Get back to your functional life.

This book 'Move Like An Animal' has been a Godsend for me, I am using it for my Fibromyalgia symptoms. The author Ed Barrera has put together a very easy to follow presentation that has illustrated for me how to simply and effectively use somatic exercises to regain my natural vitality and to return to a level of mobility I had not seen for years. I regard this book as revolutionary, it has showed me how so many of my symptoms that I believed I must just learn to live with such as backache, stiff muscles, chronic pain, fatigue etc, are not just simply inevitable. So much of my suffering has now been eased and a lot of it eradicated simply by me learning how to have the conscious control over my nerves and muscles just as Ed in his book is advocating. With only a few minutes everyday doing the exercises from this book I have been able to rekindle the movement,

vitality and comfort of my youth. I have already recommended this book to most of my friends and will continue to do so.

This book really surprised me. I thought that it might have some complicated exercises, but it was refreshingly simple and helpful. I tried it and it was amazing. I have used an exercise similar to this in my morning crunches, but did not have nearly this effect. It helped me relax so well that the first time I tried it, I felt my lower back start popping as my muscles relaxed. I was not even trying to do that. I am going to make this a regular part of my day. Pictures are very helpful when learning a new exercise and these really made it plain. The title, Move Like An Animal, really does make sense to me now. I want to be able to move like that from now on.

I learned a lot about myself with this book. I didn't know I had so much body tension. The exercises helped me discover this by contracting my muscles and then releasing them. The depth of relaxation after that was profound. I was amazed how many of my muscles were being used unnecessarily during regular movements. I learned the body can live in a much more relaxed state if I tuned in to what my body is doing and feeling. I recommend this book for self-education and especially if you have a lot of stress in your life.

This is a very useful book for anyone who wants to move and feel better. Edward gives a lot of very practical advice and great exercises to help you overcome years of compensatory movement that may have left you feeling stiff, inflexible and low in energy. I will recommend this book to my clients.--del millers, author of Fitness & Spirituality & Dr. Del's Rapid Fatloss series of books

Throughout our lives and as we get older most of us start to acquire little aches and pain that seem to grow with time. The problem is that these can cause imbalances in the body, which causes other issues to crop up. Before you know it your whole body can be one tight mess. Edward Barrera's book is all about reversing this process. He points out that animals in nature do not suffer from these kind of aging issues. How do they do it? By refreshing their bodies through a process called "Pandiculation". It is not stretching. Rather it is a way of allowing your muscles to relax. I have suffered from a tight lower back for sometime due to an old weightlifting injury and am currently exploring these methods. So far I am pleased with the results. I think you will be too.

My neck is much more flexible in just a few easy steps. Thanks for creating this book, sharing your

experience, and making it all so simple for the rest of us to do. When I entered my 50s I noticed my body felt stiffer. It doesn't have to be that way! Now I find I move more gracefully and am generally more happy. When my body became more flexible, mind opened up too. It's all connected and the possibilities are endless. Now I'm looking forward to moving into 2014 with more ease and openness.

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