



The Ultimate Exercise Program For Tension Relief

*Relax* your **Neck**  
**Liberate** your *Shoulders*

Eric Franklin

# **Relax Your Neck Liberate Your Shoulders The Ultimate Exercise Program For Tension Relief**

**Scott D. Harrison, Jessica O'Bryan**



## **Relax Your Neck Liberate Your Shoulders The Ultimate Exercise Program For Tension Relief:**

**Relax Your Neck, Liberate Your Shoulders** Eric N. Franklin, 2002 This guide shows how imagery and touch can be used to eliminate stiffness and pain An explanation of the anatomy of the shoulders provides a better understanding of how improving the alignment of the head neck and shoulders helps ease strain on muscles and joints and promotes an aura of confidence and health

Workshops That Really Work Hal Portner, 2005-08-31 Packed with proven strategies and ready to use worksheets this practical guide leads teachers through the process of designing and presenting a successful workshop

The Complete Family Guide to Schizophrenia Kim T. Mueser, Susan Gingerich, 2006-05-26 Will the person you love ever get better Chances are you've grappled with the question With care and support from their families people with schizophrenia can and do make vast improvements Noted therapists Kim Mueser and Susan Gingerich deepen your understanding of the illness and cover a wide range of effective treatments Based on decades of research and experience they offer pragmatic suggestions for dealing with depression psychosis and other symptoms They show you how to prioritize needs resolve everyday problems and encourage your loved one to set life goals Plus individual sections highlight special issues for parents children siblings and partners Whether you're facing schizophrenia for the first time or you've dealt with its impact for years you'll discover innovative ways to handle challenges that arise over the course of treatment from reducing the chances of relapse to making friends and finding work Recovery isn't an endpoint it's a lifelong journey With love hope and realistic optimism striving for it can lead to a richer more rewarding life for your entire family Winner NAMI Ken Book Award

*Teaching Singing in the 21st Century* Scott D. Harrison, Jessica O'Bryan, 2014-05-14 This volume brings together a group of leading international researchers and practitioners in voice pedagogy alongside emerging academics and practitioners Encompassing research across voice science and pedagogy this innovative collection transcends genre boundaries and provides new knowledge about vocal styles and approaches from classical and musical theatre to contemporary commercial music The work is sure to be valuable in tertiary institutions schools and community music associations suitable for use by private studio teachers and will appeal to choral leaders and music educators interested in vocal pedagogy I thoroughly enjoyed reading this book and I am confident it will help bring all aspects of vocal pedagogy firmly into the 21st century Refreshingly many different areas of pedagogy are included in the text so we can all work together to more fully understand the singing voice Up to the moment research is included along with an exploration of the evolving contemporary styles of singing Further areas regarding teaching and curriculum in higher education are also reviewed All in all this text a crucial addition to a professional's vocal library Jeanne Goffi Fynn Teachers College Columbia University USA

Grow Younger Daily Eric Franklin, 2017-04-28 *Grow Younger Daily* An Insider's Guide to the Life Changing Use of Imagery The phrase Mind over matter takes on new significance when linked to research into the undeniable connection between imagery and physical and mental health In other words if you can imagine it you can become

it Athletes dancers and fitness experts have used sophisticated mental imagery to enhance their performance and now you can too The Franklin Method developed by author Eric Franklin combines movement and Dynamic Neurocognitive Imagery DNI to harness the transforming power of the mind to move efficiently and keep the physical body young and energized With the power to change the body from the inside out imagery can influence and rejuvenate everything from individual cells to the immune system and organs showing that remaining young is largely a question of attitude Grow Younger Daily provides a roadmap to creating lasting positive physical and mental changes by describing how to harness the plasticity and transformative power of the mind thanks to the author s decades of firsthand experience and practice Acknowledging the power of change is the first step to a younger healthier you     *Are Epidemics and Vaccinations Billion Dollar Scams?* Donald A. Dahlin,2010-12 The author asks Can you answer these questions If you cannot you should read this book 1 Where do bacteria fungi and viruses come from 2 Do they cause disease or are they the result of disease 3 Where do superbugs come from and why 4 What are the basic reasons for the increase of epidemics 5 Can epidemics be prevented without vaccines 6 How are vaccines made and what do they actually do 7 Are vaccinations based on science or on a false biology 8 What is the immune system and how can it be enhanced The field of Medicine is under attack here as it has not advanced in this new century with the promise of greater health less sickness lower healthcare costs but is stuck in the past where searching for the etiology of disease was replaced with a treatment of symptoms At a time in our nation s history when healthcare expenses are huge and are being passed on to present and future generations the truth about infection and disease must be revealed The medical profession s false image has been obvious DrugCare IS HealthCare An entire generation has been kept in the dark about sickness and disease and have been at the mercy of a medical profession that has forsaken science for a dream of huge salaries and unlimited patients seeking medical care The medics have long realized that drugs do not cure anything but rather mask symptoms alleviate pain and discomfort and are a lifetime addiction This book will introduce you to a WHOLE NEW BIOLOGY that will show you how your mind and body respond to natural means of living for health healing and an extended life because it will be under your control to a much larger extent Is this your desire     **Relax Your Neck, Liberate Your Shoulders** Eric N. Franklin,2002 This guide shows how imagery and touch can be used to eliminate stiffness and pain An explanation of the anatomy of the shoulders provides a better understanding of how improving the alignment of the head neck and shoulders helps ease strain on muscles and joints and promotes an aura of confidence and health

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video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction     *Release Your Shoulders, Relax Your Neck* Howard Vanes M.A., 2012-08 Do you suffer from shoulder pain or shoulder tension How about neck pain Shoulder and neck pain can be very debilitating Think about all the ways you use your shoulders and neck whether it is working at a computer driving engaging in your favorite activities turning your head sleeping or even picking up a fork to eat can be painful and difficult Shoulder tightness and neck pain are your body's way of letting you know that you are risking a more serious injury It is vitally important to prevent and address shoulder and neck issues as soon as possible before more serious injuries occur The average shoulder injury causes a person to miss 28 days of work In *Release Your Shoulders Relax Your Neck* you will discover How to eliminate shoulder tension and neck pain with 53 highly effective shoulder and neck exercises Photos of the exercises with easy to follow instructions The main causes of shoulder and neck pain Key prevention strategies to stop problems before they start so you can have healthy shoulders and a pain free neck Why computer users are at high risk for injury and what to do to significantly reduce your risk How to speed healing of shoulder and neck injuries and get back into your favorite activities Anatomy of the shoulder joints how they move and why they can get so tight This book is a must for people who work on computers dental hygienists hair stylists athletes and anyone who carries a lot of stress in their neck or shoulders Personal note from the author As a yoga instructor with over 16 years of experience I can tell you that one of the top questions I have heard from my students time after time is how can they relieve shoulder pain and neck pain The right yoga postures can keep your shoulders and neck healthy and pain free Best of all you don't even have to have any experience with yoga to use this book That is why I wrote it to show people how to use gentle yoga postures to relieve shoulder and neck issues and also to help them understand why their shoulders and neck become painful or tight in the first place Think of this as your healthy shoulder handbook What others are saying about *Release Your Shoulders Relax Your Neck* The exercises as well as the information on stretching and strengthening the shoulders and neck is fantastic This is a very patient friendly approach to understand the complex shoulder Also included are excellent tips and advice for prevention I have and will continue to refer to Howard's book in treating patients Dr Richard Harvey Chiropractor This book is the perfect answer for writers like me who spend most of their waking hours at a computer The exercises are clearly described easy to do and most can be done right in my office After years of neck and shoulder pain and stiffness it is wonderful to feel loose and pain free again Peter G Engleman Author *The Minyanaires* As a graphic designer who spends a lot of time at a computer I have suffered from tight shoulders from many years *Release Your Shoulders Relax Your Neck* has been a blessing Not only do my shoulders feel better but I feel less stress and enjoy better energy too Howard Petlack Co owner A Good Thing Inc Howard VanEs M A is also the co author of *Office Ergonomics Preventing Repetitive Motion Injuries and Carpal Tunnel Syndrome* He is also the author of *Beginning Yoga A Practice Manual* and *Ageless Beauty Timeless Strength* Get ready to feel good in your body again

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