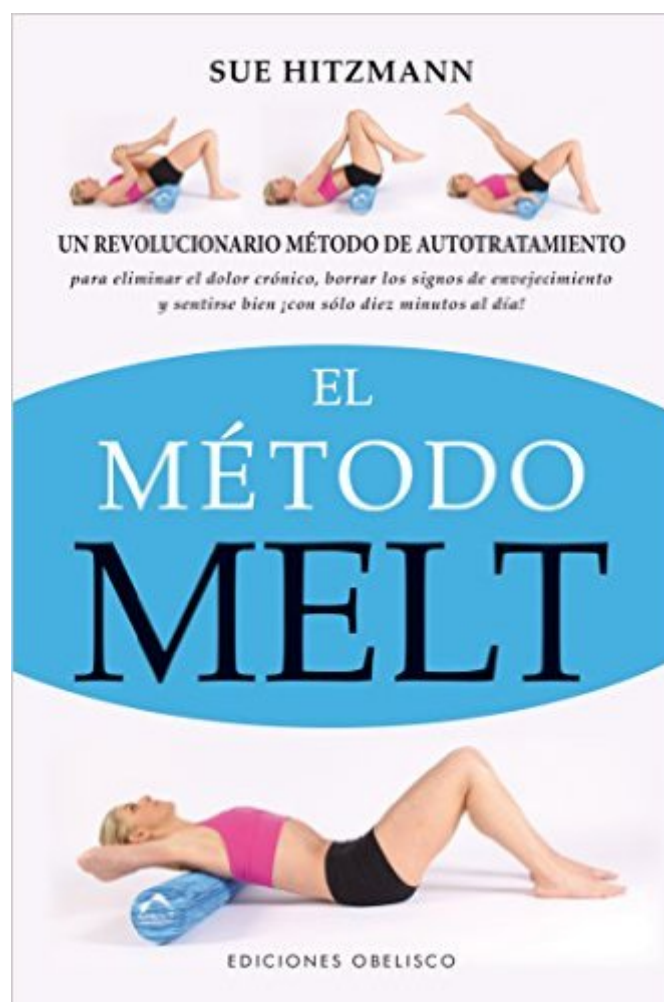


The book was found

El Metodo Melt (Spanish Edition)



Synopsis

El objetivo de Sue Hitzmann es enseñarnos a vivir sin dolor. Con El metodo MELT, la autora ensena a liberar el cuerpo de las viejas tensiones acumuladas. Sus tecnicas reequilibran la regulacion del sistema nervioso y favorecen los mecanismos naturales de curacion del organismo por medio de unos movimientos sencillos y precisos que contribuyen a eliminar el «estres estancado» que da lugar a la mayoría de achaques, dolores y sintomas cronicos. No es un tratamiento exclusivo para el dolor, sino tambien para retardar el proceso de envejecimiento, reducir el estres y la tension, y gozar de una buena salud general. / With her revolutionary MELT Method, Sue Hitzmann is making a healthier, pain-free body accessible to anyone with a few minutes to spare. Through a series of easy movements, this groundbreaking program quickly rehydrates connective tissue, which allows the body to release long-held tension, rebalancing the nervous system and boosting the bodys natural healing.

Book Information

Paperback: 360 pages

Publisher: Obelisco (January 30, 2015)

Language: Spanish

ISBN-10: 8416192170

ISBN-13: 978-8416192175

Product Dimensions: 6 x 1 x 9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars See all reviews (2 customer reviews)

Best Sellers Rank: #1,867,530 in Books (See Top 100 in Books) #23 in Books > Libros en espaÃ±ol > Medicina > Enfermedades #166 in Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching #181 in Books > Libros en espaÃ±ol > Salud, mente y cuerpo > Ejercicio y Suficiencia FÃsica

Customer Reviews

I think is not enough i need the dvd and the balls but you dont sell. It

good

[Download to continue reading...](#)

APRENDA A CANTAR - THEVENIN METODO DE CANTO - Los Seis Secretos de un Cantante:

Los Seis Secretos de un Cantante Profesional - Cantar es tan Facil ... el Metodo Thevenin de Canto (Spanish Edition) El metodo Melt (Spanish Edition) Club PRISMA / PRISMA Club: Metodo de espanol para jovenes nivel inicial A1 / Spanish Methods for Young Adults Beginners Level A1 (Spanish Edition) A.D.D. El Metodo Natural (Spanish Edition) Metodo de ajedrez para ninos de 6 a 12 Anos (Spanish Edition) Metodo de solucion del cubo de Rubik (Spanish Edition) Dubin: Interpretacion de ECG: Metodo Clasico del Dr. Dubin Para Entender los Mensajes Electricos del Corazon (Rapid Interpretation of EKG's) (Spanish Edition) Discurso del Metodo (Spanish Edition) La Disciplina: El Metodo Brazelton = Discipline (Spanish Edition) El Metodo/ the Method (Spanish Edition) The MELT Method (Enhanced Edition): A Breakthrough Self-Treatment System to Eliminate Chronic Pain, Erase the Signs of Aging, and Feel Fantastic in Just 10 Minutes a Day! Melt & Pour Soapmaking Soapylove: Squeaky-Clean Projects Using Melt-and-Pour Soap Best Slow Cooker: Top 25 Mind-blowing Recipes To Get Tender Melt-In-The-Mouth Meals The 7-Day Flat-Belly Tea Cleanse: The Revolutionary New Plan to Melt Up to 10 Pounds of Fat in Just One Week! The Metabolism Miracle Cookbook: 175 Delicious Meals that Can Reset Your Metabolism, Melt Away Fat, and Make You Thin and Healthy for Life Fast Metabolism Diet Cookbook for the Busy You: 80 Mouthwatering 30-Minute Recipes to Melt Your Fats Away (Breakfast, Lunch, Dinner & Snacks Recipes For All Phases Included) The MELT Method: A Breakthrough Self-Treatment System to Eliminate Chronic Pain, Erase the Signs of Aging, and Feel Fantastic in Just 10 Minutes a Day! Thermoplastic Melt Rheology and Processing (Plastics Engineering) Paleo:Ultimate Pale Diet Cook Book For Beginners-MELT 10 POUNDS IN 14 DAYS MEAL PLAN +100 Recipes,(FREE BONUS INCLUDED),Paleo Diet Plan, Paleo Diet cookbook: Paleo Diet Cook Book For Beginners

[Dmca](#)