



Why Things Hurt: Life Lessons from an Injury-Prone Physical Therapist (Paperback)

By Brent Stevenson Pt

Brent Stevenson Physiotherapy Corp, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Why Things Hurt is a collection of true stories and meaningful explanations about how our bodies work and the journeys we travel to maintain them. It provides accessible answers and structured principles on topics such as posture, pain, pregnancy, exercise, footwear and sports. Physiotherapist, Brent Stevenson discusses how to navigate your medical systems and what you should and should not expect from your physicians. He outlines what everyone should know about their own body, both physically and emotionally, by combining conversational lessons with cathartic true stories of injury, pain, resilience and perseverance. This book will empower you to make proactive choices for your body and help guide your journey in the right direction. Praise for Why Things Hurt: This book encapsulates Brent's wisdom beyond his years and is extremely well written. It is personal, yet professional. Through his blogs and patient stories Brent explains the current state of the art and science of physiotherapy and has made the complex topic of chronic pain simple to understand. Experience doesn't always create wisdom, but reflection and sharing of...

DOWNLOAD



READ ONLINE
[1.63 MB]

Reviews

The publication is great and fantastic. It is packed with knowledge and wisdom You will like how the article writer publish this publication.
-- Mrs. Alta Kling V

This pdf is wonderful. It really is written in simple terms instead of hard to understand. Its been developed in an exceedingly simple way and it is just after i finished reading this ebook in which in fact modified me, alter the way in my opinion.
-- Ollie Powlowski