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ADELAIDE SWEENEY

The MELT Method
(Enhanced Edition)

Hachette UK

In this enhanced digital edition of The MELT Method, Sue Hitzmann shows you how to live without pain, illustrating her MELT techniques with 20 instructional videos

plus 10 audio clips, so you can listen hands-free while you start your journey toward a pain-free body. In The MELT Method, therapist Sue Hitzmann offers a

breakthrough self-treatment system to combat chronic pain and erase the effects of aging and active living—in as little as ten minutes a day. With a focus on the body's connective tissues and the role they play in pain, stress, weight gain, and overall health, Hitzmann's life-changing program features techniques that can be done in your own home. A nationally known manual therapist and educator,

Hitzmann helps her clients find relief from pain and suffering by taking advantage of the body's natural restorative properties. The MELT Method shows you how to eliminate pain, no matter what the cause, and embrace a happier, healthier lifestyle. The Ha-Ha HarperCollins Howard Kapostash has not spoken in thirty years. The small repertory of gestures and simple sounds that he uses to communicate lead most

people to assume he is disturbed. No one understands that Howard is still the same man he was before his tragic injury. But when he agrees to help an old girlfriend by opening his home to her nine-year-old son, the presence of this nervous, resourceful boy in his life transforms Howard utterly. He is afforded a rare glimpse of life outside his shell? With all its exuberant joys and crushing sorrows.