



Psoas Release Party!: Release Your Body From Chronic Pain and Discomfort (Core Walking)

Jonathan FitzGordon

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Your psoas muscle is the main hip flexor of the body and the main engine of walking. It is essentially responsible for holding us upright while standing. This book will teach you all you need to know about your psoas and more. We believe that knowing how your body works is the first step to relieving chronic aches and pains. Issues with the psoas can lead to any number of problems throughout your body-both physical and emotional. Lower back pain and other joint discomfort as well as disturbances to the nervous system can be linked to the psoas. This slim volume will teach you about the Psoas and its core function within the body as well as how to release the psoas muscle for immediate relief from chronic pain.

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