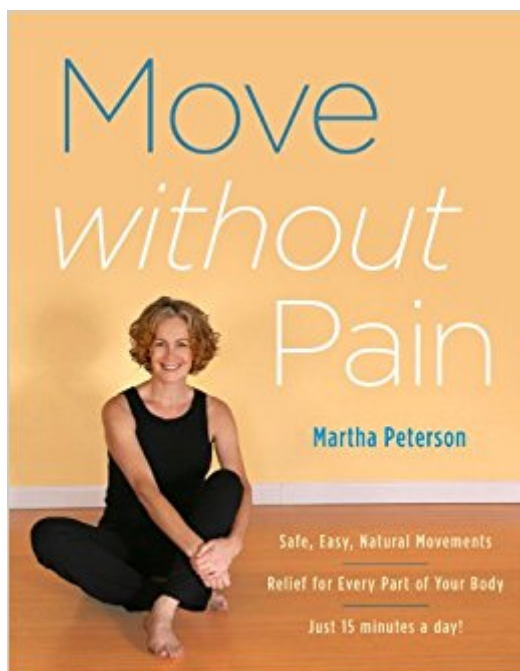


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# Move Without Pain



## Synopsis

Unlearn the psychic and physical responses to stress that cause discomfort--in less than 15 minutes a day! These easy movements will relax and release chronically tight muscles, resulting in a more efficient, coordinated, and pain-free body. This gentle workout can be done anywhere, anytime, at any age.

## Book Information

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## Customer Reviews

Martha Peterson, a Certified Hanna Somatic Educator, is a pain relief expert who has worked for three decades to teach people how to get rid of chronic back, neck, shoulder, and hip pain so they can move easily for the rest of their lives. She works with people of all ages who suffer from chronic pain and disability in her studio--both in Maplewood, New Jersey, and internationally. For more information about the author visit [essentialsomatics.com](http://essentialsomatics.com).

Martha Peterson's book is an important new contribution to the work of Hanna Somatics education, and to individuals looking for a user-friendly introduction to the Hanna Somatics exercises, to work with on their own or as an adjunct to private sessions. When I first learned about Hanna Somatics, I was thrilled to find Thomas Hanna's book and read the primary source in detail. As a natural health practitioner, I was fascinated to study the principles involved, but there was a bit of a disconnect for me when it came to performing the exercises he describes. I sensed that I was missing certain subtleties of movement and awareness in order to be most effective and to adapt them to my individual needs. Soon afterward, when I read Ms. Peterson's book, I was so impressed by how she

explained the concepts in more practical terms that helped me "get" it. It's important for people to understand how Hanna Somatics works so that they can become more attuned to their own body's process of learning more relaxed and functional movement. So she discusses why people have pain, the role of the brain in either restricting or allowing natural movement, and how that relates to what our muscles are doing. Her explanations are very easy to grasp, the writing flows smoothly and the layout is so visually pleasing that it's very enjoyable to read through the book and pick it up again and again to refer to as needed. The photos in the book of Ms. Peterson performing the various exercises, which are organized sequentially, make it easy to see how each is done, and simple instructions next to each photo make it easy to refer to. I've found many books on movement that, due to poor layout and how the images are displayed, the movements are too difficult to visualize. *Move Without Pain* with its excellent information and layout that makes the instructions come to life, makes Hanna Somatics more accessible to everyone. I feel that Hanna Somatics is an important part of natural health education. It deserves to be made accessible to anyone interested in changing habitual movement patterns that cause pain and to allow the wisdom of the body to regain control for greater freedom of movement and alleviation of pain. I can wholeheartedly recommend "*Move Without Pain*" to anyone interested in learning more about Hanna Somatics and/or wanting to start learning the exercises - to help with a specific pain issue or to increase flexibility, reduce stress, and generally feel better in their body. I've been fortunate enough to have a Hanna Somatics practitioner nearby, and find that personal guidance is tremendously helpful especially for those who have certain physical limitations or need to tailor the exercises to their needs. Private sessions can also help with the nuances that make the daily practice even more effective, as well as providing more support and encouragement on a personal level. So I will be recommending Martha Peterson's work to my friends and clients - which includes not only her book, but instructional DVDs and private sessions either in person or by online video conferencing.

I've had chronic pain for many years and had never been able to reduce the pain despite visits to chiropractors, massage therapists, acupuncturists, etc. I've lately started going to Feldenkrais classes, which help enormously. I use Martha Peterson's dvd's at home and just love them. They really help enormously. She's terrific. Hanna Somatics is somewhat similar to Feldenkrais (he started working with Moshe Feldenkrais and then went off in his own direction) Great stuff.

This book has wonderful photos to assist with the movements and dialogue pointing out what can be noticed in the various positions. This is most helpful as the movements are based on Thomas

Hanna and Moshe Feldenkrais work, precisely what I was looking for. These movements can be difficult to describe with just words and I was having some difficulty with assuming proper positions from Feldenkrais' mostly text descriptions. Get to know your body, how you move it and how you could move it more effectively to lessen painful muscle spasms from prior injuries, chronic conditions and everyday muscle tension. Nice book!

Prior to being introduced to Martha Peterson's *Move Without Pain* ("MWP"), I was in the throes of Power/Ashtanga Yoga. I used Ashtanga yoga as a recuperative complement to my weightlifting routine. I figured that it would provide an athletic approach to keeping me limber. That said, I found that the movements felt fairly ballistic and soreness would ensue afterwards. In short, I was feeling more overtrained than recovered. I also began to question just how much flexibility was really needed. Fast forward to an internet post from one of my favorite strength coaches, Dan John. He recommended Martha's *MWP* as an ideal approach to restoring our natural range of movement ("ROM"). I purchased the book and I haven't looked back since. First and foremost, it is entirely different from how most people think of yoga or exercise. Think of your favorite, gratifying morning stretch after getting out of bed - it is similar to that but for multiple repetitions and incorporating various positions both on the floor and standing. Martha's book and website do a much better job of explaining the logic behind the practice than I can. I think the most important thing that I can relate here is that the *MWP* exercises have completely met my bottom line - I feel refreshed, reinvigorated, and, despite lifting weights and being in my 40s, I feel like I am maintaining my god-given ROM without pain. The book does an admirable job of explaining the movements with good pictures (always a tough task for exercise books). I imagine that I will ultimately purchase her DVD as well for additional perspective. This is a game-changer for the walking wounded and/or fellow exercisers out there. Highly recommended.

I've had some somatic training with a practitioner. I bought the book to get some additional movements to add to my routine and to refresh some of the same movements that I previously learned. The instructions are easy to follow and the photographs are outstanding. What I especially like about the book, is that it mentions that wearing thin sole shoes improves your balance, since you feel the surface better. And she also provides several movements that help with balance. The book provides routines to follow, according on how much time you have to dedicate. The author states which muscles are impacted by some of the movements. In a future edition, I hope she includes some movements for headaches, that are caused by muscle tightness. There are a lot of

us headache people out there. I also like that she mentions her own knee problems. That made quite an impression on me, since I broke a knee several years ago and that has impacted my balance. I think it is an excellent book and I've bought several others that were not as well written.

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