

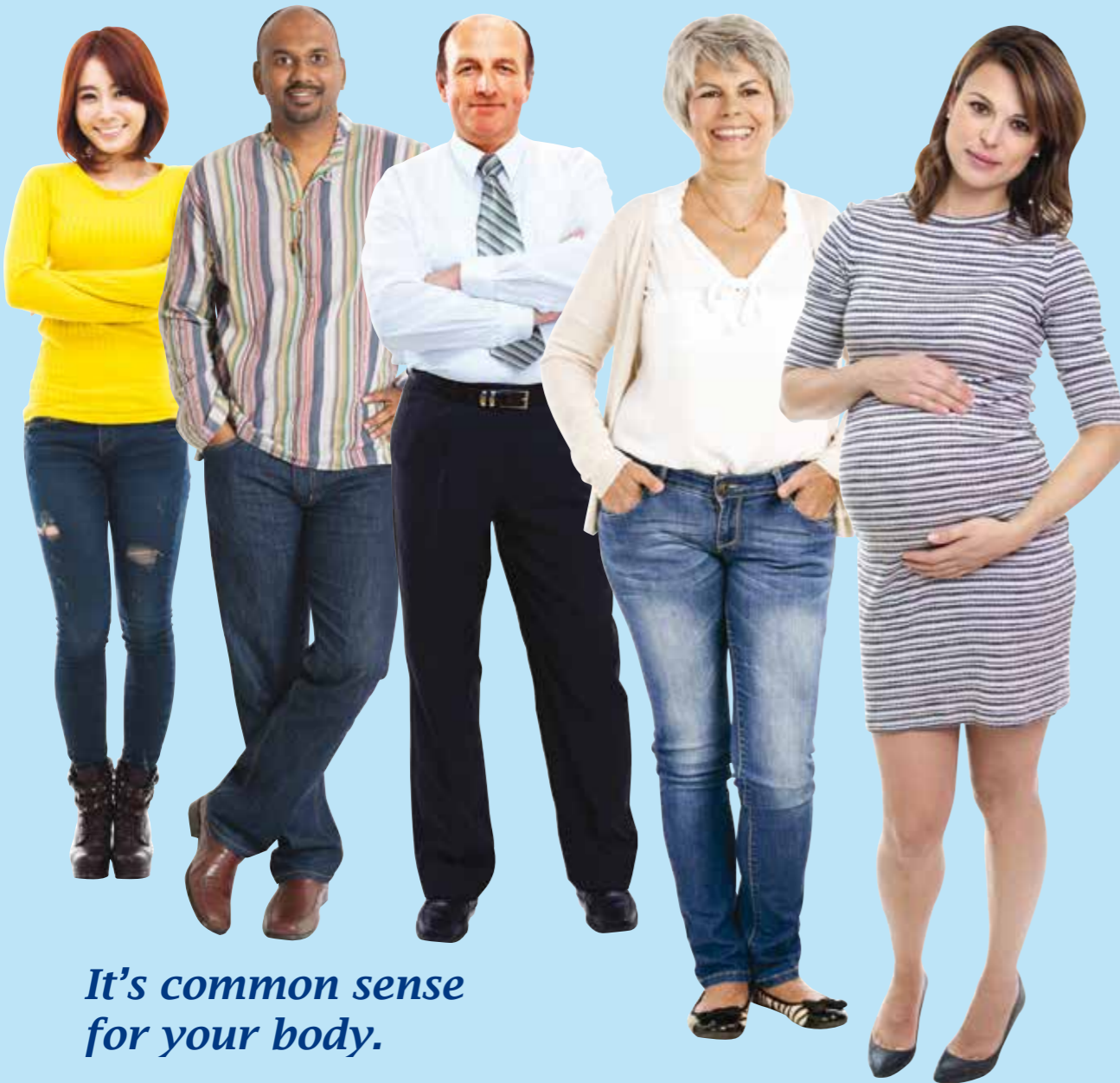
Take control of your body

This book is the foundation for physical wellness, skilled movement, pain relief, injury prevention and taking control of your body.

- ◇ Physiotherapist Nik Curry brings you lessons, stories and insights from his 35 years of experience working with bodies
- ◇ You'll learn to see your own postural pattern in order to understand where problems come from
- ◇ You'll find the pathway to achieving your ideal balanced postural position

'Common Sense for your Body' recognises your underlying postural patterns and brings to consciousness the way your body works for you and communicates with you.

Your body isn't who you are, it's where you live. This book is a tool for you to use.

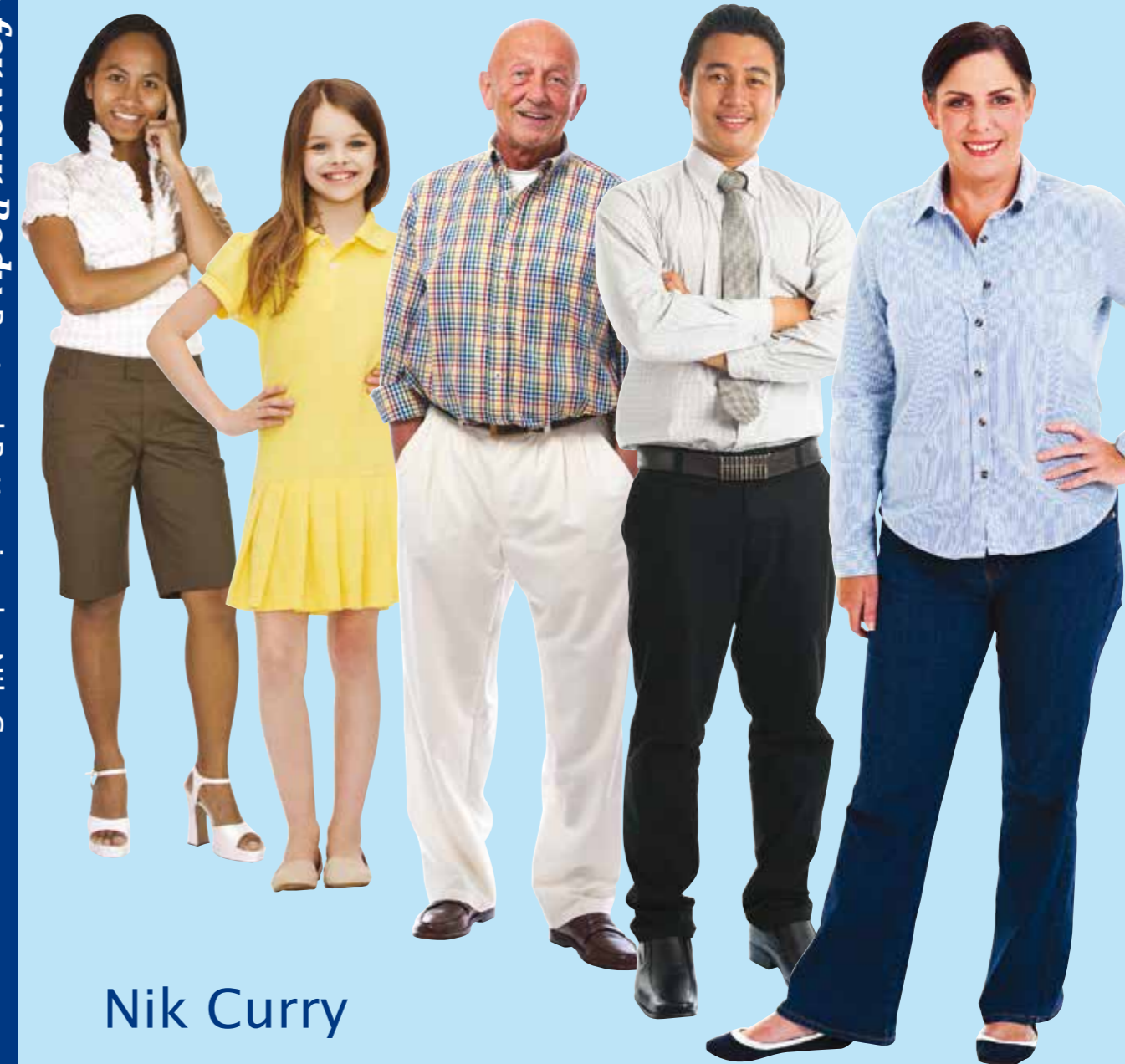


*It's common sense
for your body.*

Common Sense for your Body Postural Patterning by Nik Curry

Common Sense for your Body

Posture and Movement



Nik Curry



Author

Nik Curry is a physiotherapist with over twenty-five years' experience working with other peoples' bodies, and over fifty years working with his own.

Nik has experienced both sides of the medical model. He has been a therapist, a patient, a colleague, a student, a teacher and a healer and has traversed physical and emotional illness, sporting injuries, motor vehicle accidents, disability, leukaemia, bone marrow transplants, joint replacements and broken bones on his journey of discovery about the human condition.