



# Posture Power for Women: Simple Steps and Quick Exercises to Transform Your Appearance and Improve Your Health

*Mike Bebb*

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Helping women improve their lives by fixing their posture, *Posture Power for Women* reveals how better posture strengthens, energizes, and revitalizes the body. The book includes step-by-step photo sequences for exercises that target the core area of abdominal, pelvic, and back muscles. This positive guide to well-being challenges women to rethink the importance of posture and shows how developing proper posture leads to a higher level of self-awareness and self-confidence.

Despite the many challenges of the modern world - slouching over computers for hours, carrying small children, and commuting in rush-hour traffic - good posture can be developed without a lifetime of vigorous training and exercising. It simply requires a subtle balancing within the body. A central theme throughout *Posture Power for Women*, this balancing enables one to move with grace and beauty, to remain active throughout life, and to enjoy a healthy and happy body.

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