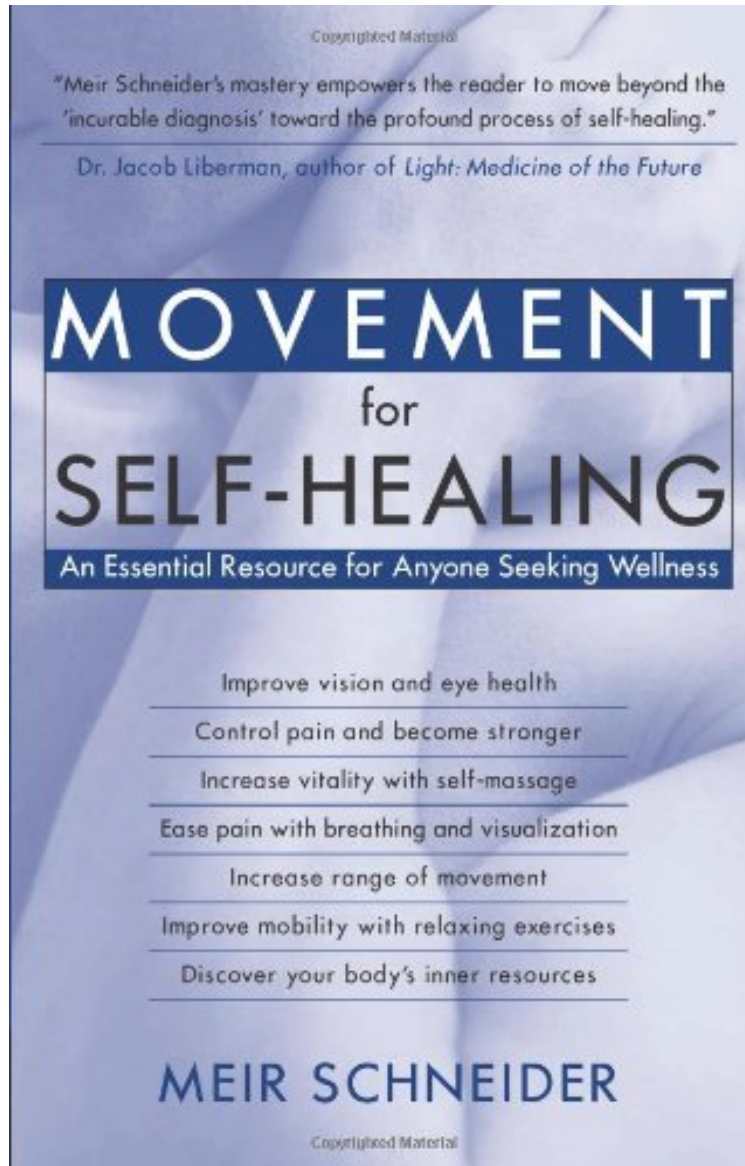


(Ebook free) Movement for Self-Healing: An Essential Resource for Anyone Seeking Wellness

# Movement for Self-Healing: An Essential Resource for Anyone Seeking Wellness

Meir Schneider

DOC | \*audiobook | ebooks | Download PDF | ePub



[Download](#)

[Read Online](#)

#907273 in Books HJ Kramer/New World Library 2004-04-20Original language:EnglishPDF # 1 8.25 x 5.50 x .751, .64 #File Name: 1932073000288 pages | File size: 67.Mb

**Meir Schneider : Movement for Self-Healing: An Essential Resource for Anyone Seeking Wellness** before purchasing it in order to gage whether or not it would be worth my time, and all praised Movement for Self-Healing: An Essential Resource for Anyone Seeking Wellness:

12 of 12 people found the following review helpful. A True TestimonyBy Grace ChengI found this book in its original

version 20 plus years ago and found the author's life experience fascinating. Therefore when I was visiting SF, I signed up to his weekend courses. After practicing the methods he taught for only a little while, one morning after I left home, I suddenly realized that I was driving without wearing my contact lenses but I could see perfectly fine. But I was busy raising two young children then. So after I stopped doing those exercises, my vision became poor again. However I believe that if I had been persistent, I could have lost my eye glasses for good. Recently my vision has worsened due to stress and too many birthdays. I decided to give his method another try. Almost immediately, my vision improved and my shoulder pain lessened. I was so excited, I bought 5 copies as Christmas gifts to people I thought would benefit from reading it.

0 of 0 people found the following review helpful. Got it for back pain, hugely let down

By Joey

With all the positive reviews, I had high hope for this book to help someone who injured her back vertebrae a few years ago. While her bone fracture is healing slowly, she's been experiencing constant pain and difficulty in movement since the incident. I read the entire book in one sitting while on a long distance flight, and wished I could return it immediately since I did not find the very few exercises helpful at all... A huge let down!

Thankfully, through I'd found an old classic published in 1999, "Walk Tall" by Sara Meeks that is chocked full of practical advice and exercises that address my concern. Quoting "Walk Tall", "What if an old injury starts bothering you? -- As your postural alignment begins to change, symptoms of an old injury, or a condition for which you had surgery, may return. For example, it is common for an old knee injury to resurface. Don't be discouraged. In all likelihood, the old injury did not heal in good alignment. Perhaps it was not treated or, even if it was, there may have been some residual limitation of motion or loss of strength and you have compensated (subconsciously) for the limitation by a change in body alignment, with resultant back pain..." 'Nuff said!

6 of 7 people found the following review helpful. Enjoyable read with valuable information

By Customer

I bought this book because I wanted to improve my eyesight. Little did I know that the exercises in this book would improve my overall health. Moving the body in non-habitual ways increases circulation, which enhances health. I would highly recommend this book to anyone who is interested in using natural methods to heal the body.

Born blind and declared incurably blind after a series of childhood operations left him with only a slight ability to discern light and shadow, Meir Schneider remained convinced that his handicap was not permanent. As a teenager, he began work with two teachers who gave him exercises and techniques to reverse his blindness. Within four years he had gained a remarkable degree of vision and begun to develop a system of therapeutic exercise combining movement, breathing, and mental imagery. He also began working with people whose physical problems ranging from chronic headaches to polio and muscular dystrophy, inspiring them with his example, enthusiasm, and faith. Miraculous recoveries ensued.

Sections in the book give specific guidelines for back problems, arthritis, multiple sclerosis, breathing, eye problems, and muscular dystrophy. Movement for Self-Healing parallels the stories of Schneider and the people he has worked with, detailing his holistic methods of stimulating the natural healing powers of the body, offering a practical guide to specific exercises, and articulating a profound message of inspiration and hope.