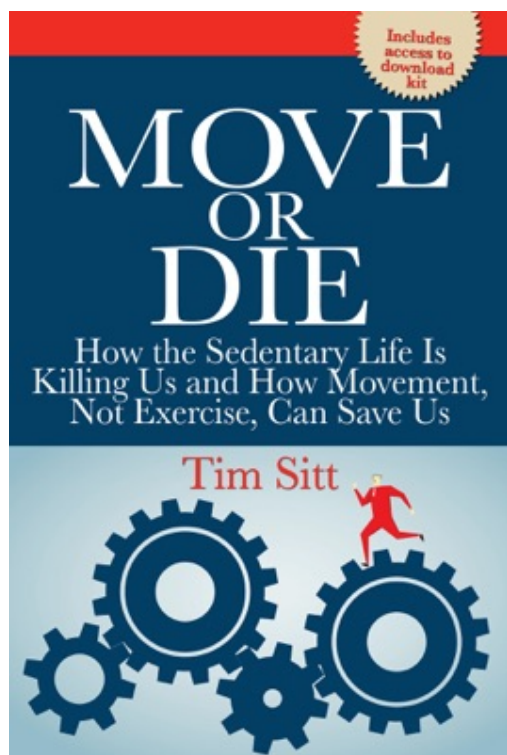


Télécharger Livres Gratuit Move or Die (PDF | ePub | Mobi) Tim Sitt download-free



Being sedentary represents years of habitual restrictions placed on our bodies. It is a subtle oppression of our limbs that eventually results in widespread stagnation in many areas of our lives. Most of us have learned to ignore the signals of our bodies and quietly accept feelings pain or discomfort. This is particularly true in the office setting where we spend most of our time locked in chairs behind desks. Move or Die introduces movement as a mindset that focuses on the skills of becoming aware of rigid and unhealthy patterns, exploring choices and moving towards healthier possibilities. The freedom to move our bodies is central to the experience of optimal health. Movement is the key to accessing resources, creativity and innovation that can otherwise be trapped when our bodies and our minds are locked in the sitting position for hours on end. Move or Die offers the key to a healthy future. The download kit includes:

- Written exercises to get you thinking about moving
- A ThinkMOVE journal you can use to track your progress
- Web resources, further reading, and more!

Title	:	Move or Die
Author	:	Tim Sitt
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