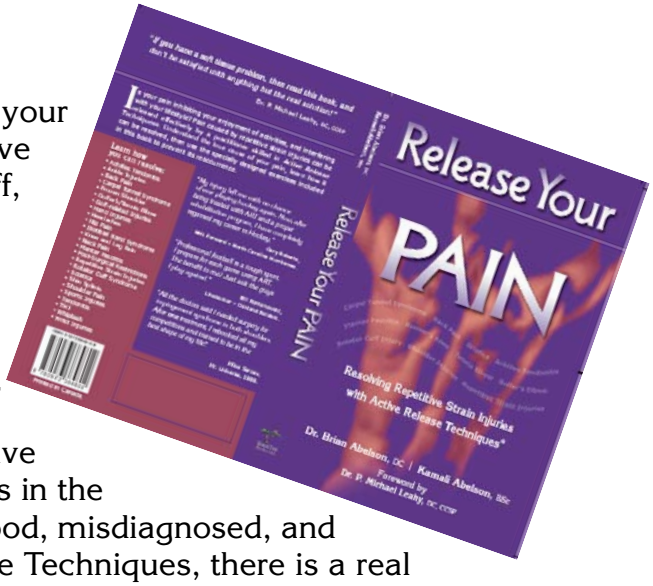
"If you have a soft tissue problem, then read this book, and don't be satisfied with anything but the real solution."

Dr. P. Michael Leahy, DC, CCSP

DO YOU LIVE WITH PAIN?



Does pain interferes with your ability to enjoy life or limit your active lifestyle? Do you work in jobs that require repetitive actions? Do you have restricted motion? Do you feel stiff, uncomfortable, and unable to perform your daily activities? If yes, you may be suffering from a repetitive strain injury.

DID YOU KNOW?

That Repetitive Strain Injuries (RSI), caused by cumulative trauma, has become the most prevalent cause of injuries in the workforce. Today, RSIs are among the most misunderstood, misdiagnosed, and most poorly treated conditions. Now, with Active Release Techniques, there is a real solution for treating and resolving these soft-tissue injuries. **Release Your Pain** describes, in simple English, how and why this technique is so effective.

DO YOU HAVE A SOFT-TISSUE INJURY?

Packed with useful information, diagrams, photos, and exercises, this easy-to-read, easy-to-understand book is a must-be-read book for anyone suffering from soft-tissue injuries of any sort. Learn how you can resolve:

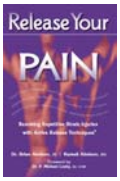
Achilles Tendonitis	Headaches	Scar Tissue Formation
Ankle Injuries	Hip Pain	Sciatica
Back Pain	Iliotibial Band Syndrome	Shin Splints
Carpal Tunnel Syndrome	Knee and Leg Pain	Shoulder Pain
Foot Pain and Injury	Muscle Pulls Or Strains	Sports Injuries
Frozen Shoulder	Neck Pain	Swimmer's Shoulder
Gait Imbalances	Plantar Fasciitis	Tennis Elbow
Golfer's Elbow	Repetitive Strain Injuries	TMJ
Golf Injuries	Rotator Cuff Syndrome	Weight Lifting Injuries
Hand Injuries	Running Injuries	Wrist Injuries

HOW CAN YOU HELP YOURSELF?

Take control of your pain – read this book! Understand the real cause of your RSI or soft-tissue injury! Understand what works, and what doesn't! Then get proactive, discuss this treatment method with your health care specialist, find a practitioner who can really help you (we tell you how and where), and use the special exercises at the end of each chapter to keep these conditions from re-occurring. See our award-winning websites – **www.drabelson.com** and **www.activerelease.ca** for more information!

ORDER MORE THAN ONE COPY AND SAVE!

THE FIRST BOOK ABOUT ART WRITTEN FOR THE PUBLIC!



240 pages of informative text, images, and photos show you the real cause of your pain, describes how you can quickly resolve these conditions with ART, and provides specially designed exercises to keep the problem from re-occurring. Our books normally sell at *$21.95 US* or *$26.95 Can*. But, *if you order now*, you can get our special discounts!

Release Your Pain - *US and International Customers* **($US)**	**Quantity**	**Price ($US)**	**Shipping / Handling**	**Total ($US)**
Release Your Pain (**1 copy at 10% off**, approx. $19.75 a book)		**x $19.75 ($US)**	**$7.95** (add $1.75 for each additional book)	
Release Your Pain (**5 copies at 15% off** approx. $18.66 a book) Buy extra copies and help your friends to become PAIN-FREE!		**x $93.30 ($US)**	**$19.75** (add $4.75 for each additional set of books.)	
			Subtotal	$
			TOTAL ENCLOSED ($US)	$

Release Your Pain - *Canadian Customers* **($Can)**	**Quantity**	**Price ($Can)**	**Shipping / Handling**	**Total ($Can)**
Release Your Pain (**1 copy at 10% off**, approx. $24.25 a book)		**x $24.25**	**$8.95** (add $1.85 for each additional book)	
Release Your Pain (**5 copies at 15% off** approx. $22.91 a book) Buy extra copies and help your friends to become PAIN-FREE!		**x 114.55**	**$19.95** (add $5.75 for each additional set of books.)	
			Subtotal	$
			Canadian residents, please add GST (7%)	$
			TOTAL ENCLOSED ($Can)	$

G.S.T Registration No. 89526-3465-RT
Larger and international orders may be subject to higher shipping costs.
All prices are subject to change. Note: All books are purchased on a non-returnable basis! For faster service, U.S. orders are processed and shipped from our U.S. office.

U.S and International Orders payable in U.S. funds only. We accept Money Orders!

To Order

(check one) Visa ☐
Mastercard ☐
Money Order ☐

Account #_____

Cardholder's Name_____

Expiry _____/_____

Signature _____

Send to:
Attn: Order Processing
Rowan Tree Books Ltd.
Suite #123, 234 - 5149 Country Hills Blvd. NW
Calgary, Alberta, Canada,T3A-5K8

ROWAN TREE BOOKS LTD. FAX: 403-241-3846 www.rowantreebooks.com

DELIVER TO: (Please print clearly)

Name:

Street:

City:

Prov./State:

Country:

Postal Code/Zip:

Email: _____

Phone: ( )_____

(In case we have a question about your order.)

☐ **Check this box if you are an ART Practitioner or an ART Student.**

Please allow 3 to 6 weeks for delivery.
For faster processing, order from our website at www.releaseyourbody.com