



# **Posture, Get It Straight! Look Ten Years Younger, Ten Pounds Thinner and Feel Better Than Ever**

*Janice Novak*

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It's true - improving your posture can make important differences in the way you look and feel. Like many people, though, you may think that your posture is hopeless, especially after years of slouching, slumping, or working in positions that have strained your muscles and stressed your body. This fully illustrated guide shows you how to beat bad posture habits and demonstrates easy strengthening exercises that start working right away. Make yourself a promise to learn these simple techniques - and enjoy the rewards of better posture today!

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