



Pain Free Living: The Egoscue Method for Strength, Harmony, and Happiness

Pete Egoscue, Roger Gittines

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"The Egoscue Method-my life's work-delivers results because it rests on trust that stems from how the patient really feels. Those feelings are always right."

Pete Egoscue takes his world-renowned program of postural therapy--which treats chronic musculoskeletal pain without drugs, surgery, or manipulation--to a whole new level. Using Eastern religions as a guide, he explores the mental and emotional, as well as physiological, processes of his Method. Egoscue's unique system has transformed the well being of hundreds of thousands of people through personalized stretches and exercises that strengthen specific muscles, restore proper alignment, and leave the body feeling the way it was designed to be: pain free.

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David Ashworth:

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