

Award Winning Book

R&R: Rescue and Relief for Computer Users and those at risk of Repetitive Motion Injury(RMI) by Gini Maddocks, LMT

Self-care at Work

Simple remedies for costly problems!

Who needs it?
Computer users, students,
musicians, travelers, couch potatoes
and YOU!

3 Time Award Winner!!!

Health/Self-care ; Computer/Internet categories

A holistic approach to "self care at work"...

- Laminated pages
- Easel based, desk-top set up
- Full color photographs
- Color coded sections for easy use
- Self massage, 2 *second* stretches, breathing techniques—in less than one minute
- The Healthy Habit Technique®: 4-step, 21 day program

Quantity Discounts

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