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Die Schulterschmerzen Loesung: Schulter Sehnenschmerzen schnell, einfach und nachhaltig beheben. (German Edition)

By Stefan Corsten

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 92 pages. Dimensions: 8.7in. x 5.9in. x 0.5in. Schulterschmerzen ade! Mit diesem Programm besiegst du deinen Schultersehnen Schmerz fr immer. Kennst du das Gefhl, wenn du jede Minute deines Tages an deinen Schulterschmerz erinnert wirst Wenn du deine Jacke anziehst. . Wenn du das Lenkrad deines Autos drehst. . . Whrend du Sport machst. . . Dein Problem ist immer gegenwrtig und du kannst es nicht verleugnen oder gar vergessen. Im Gegenteil. Dein Schmerz kostet dich mehr Lebensqualitt und Glck als es sich jeder deiner Mitmenschen vorstellen kann! Ich wei das. Ich habe den Schmerz selbst gespurt. Lnger als 18 Monate! Mein Name ist Stefan Corsten und ich bin einer der fhrenden deutschen Experten der Fitness- und Gesundheitsbranche! Dieses Buch stellt erstmalig einen umfassenden Ansatz zur effektiven und dauerhaften Behebung von Schulterschmerzen und Schultersehnenproblemen vor. Die Schulter ist das komplexeste Gelenk unseres Krpers, deswegen werde ich dich nicht mit komplexer Anatomie langweilen. Ich werde dich nicht mit eine Anhufung theoretischen Wissens alleine lassen. Stattdessen werde ich dir in diesem Buch ein Schritt-fr-Schritt Programm liefern, das so einfach ist wie das tgliche Zhneputzen. Ein Programm, das deine Schulterschmerzen...



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