

When Your Back Or Neck Goes Out, Where Does It Go?

Restore Your Health And Get On With Your Life

According to the Journal of American Medical Association (JAMA), 1 in 4 Americans suffer daily with disabling back and neck pain. Drug prescriptions, endless treatments, loss of work days, and limited lifestyles are just some of the consequences.

With today's rising healthcare costs, people are finding their insurance companies placing tighter restrictions on the number of treatment visits to physical practitioners, as well as a sharp rise in their co-pay costs. Add to this the fact that treatment time in the clinic is being squeezed. This sub-optimal care leaves people truly wanting when it comes to their recovery. It's time people discovered how to save time and money by learning to fix their own neck or backache.

Expert physical therapist Lisa Morrone says its time to put an end to the treadmill of suffering. Based on over twenty years of practicing and teaching orthopedic physical therapy, her book **OVERCOMING BACK AND NECK PAIN** offers a clinically proven approach which allows readers to regain the pain-free life they used to enjoy.

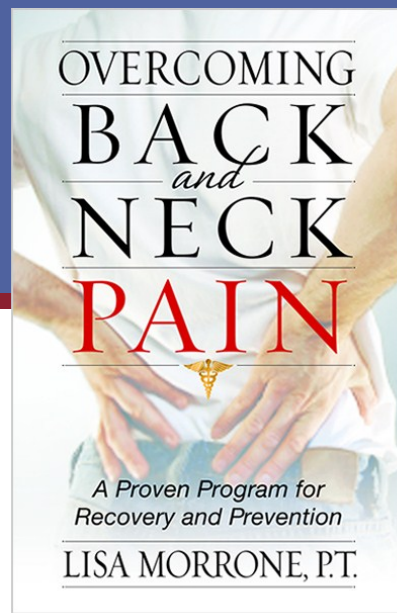
MORRONE WILL HELP YOU:

- 🕯️ **Gain control over your pain by treating it yourself.**
- 🕯️ **Learn the right way to move and position yourself to avoid injury.**
- 🕯️ **Sleep comfortably and wake up feeling good.**

Lisa educates and entertains her readers while she guides them through a Do-It-Yourself approach—chock full of photos and illustrations. Using her gift for simplifying confusing medical jargon, Morrone presents a well-thought out and clearly described and prescribed method of restoring one's health. **OVERCOMING BACK AND NECK PAIN** is an easy-to-read and easy-to-follow guide to recovery...so stop putting your life on hold, your healing can begin today.

LISA MORRONE is a physical therapist, professor, speaker, and the author of five books who is on a mission to encourage people to **Get Healthy For Heaven's Sake**. Comprised from over two decades of experience in the healthcare field, Lisa's can-do instruction will empower you to:

- 🕯️ **Invest in good health now to enjoy every stage of life.**
- 🕯️ **Gain control over recurring pain by treating it yourself.**
- 🕯️ **Maintain proper focus and fitness to maximize your calling.**
- 🕯️ **Increase your lifespan by 7-15 years!**



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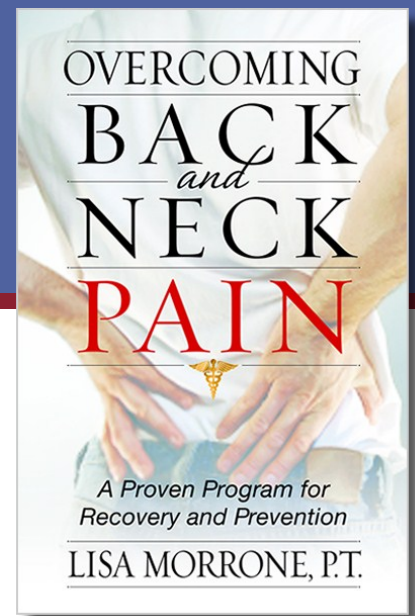
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Interview Questions

for Lisa Morrone, author of
Overcoming Back and Neck Pain

- ✿ According to the Journal of American Medical Association (JAMA), 25% of Americans suffer daily with disabling back and neck pain. That is a lot of people in pain! Yet you believe that pain can actually be a good thing. How exactly is pain *good*?
- ✿ If someone has been in pain for many years, is there any hope for them—or have they missed the window of opportunity to get well?
- ✿ Does all spine pain come from the same source?
- ✿ There is an entire chapter devoted to posture in your book. What is the connection between posture and chronic pain?
- ✿ Everyone seems to be talking about Pilates nowadays. What is this “core strength” we hear so much about, and why is it so important?
- ✿ You say that people who exercise tend to use their mirror to judge how strong they are. How can this be misleading?
- ✿ In your book you talk about “waking the sleeping giants”. Who are these giants and how can we awaken them?
- ✿ What about stretching? I find it so boring. Just how necessary is it?
- ✿ Many times I’ve heard someone say they have a “slipped” disc. Can injured discs be healed?
- ✿ Someone I know had their back “go out” but simply bending over to pick up a pencil off the floor. How does something like that happen?—I mean a pencil is as light as a feather!
- ✿ My neck always hurts when I am on my computer. Is there anything I can do about that?
- ✿ In your final chapter you speak about four other areas of health that can keep a person from recovering from chronic pain. Could you shed some light on these?



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