



The Sustainable You - Somatics and the Myth of Aging

John Loupos

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In *The Sustainable You*, John Loupos expands on the methods and legacy of Dr. Thomas Hanna who pioneered a revolutionary approach to healing and wellness.

Founded in conventional neurophysiology, Somatics entails non-invasive holistic methods for resolving pain and stiffness and restoring optimal mobility. Loupos provides clear insights into the theories, principles, and scientific underpinnings of this unique selfhealing method. His is a welcome message for baby boomers for whom neuromuscular aches, pain, and stiffness limit personal freedom and accelerate the decline of aging--a decline that Loupos argues convincingly is due to an "archeology of insults" that need not be inevitable.

The Sustainable You offers an alternative to the usual path of age-related pain and stiffness--no matter how old you are.

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