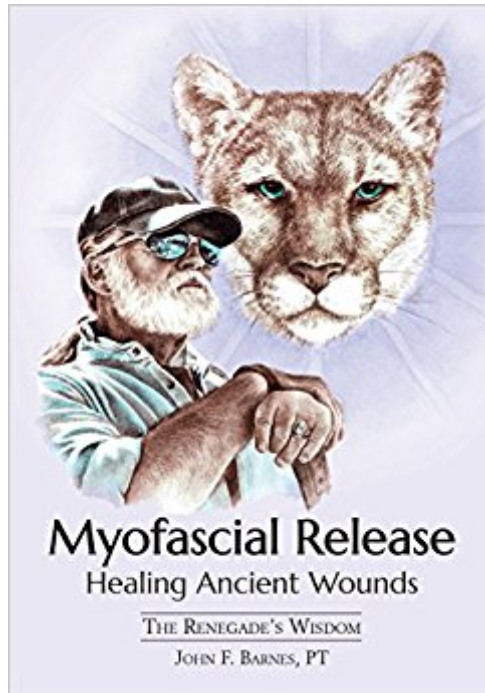




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# **Myofascial Release, Healing Ancient Wounds: The Renegade's Wisdom**



## Synopsis

John F. Barnes, PT, LMT, NCTMB, world renowned therapist, author, visionary, and authority on Myofascial Release, weaves a fascinating story, taking you into his highly charged and intriguing world of authentic healing. ã ã Considered to be one of the most impressively talented therapists of our time, his mastery of Myofascial Release, teaching, and healing are beyond comprehension. ã ã This enjoyable and important book, *Myofascial Release, Healing Ancient Wounds: The Renegade's Wisdom* explores the intricacies of intuitive awareness and discusses how you can reduce pain, headaches, fibromyalgia, and increase range of motion through the Myofascial Release Approach. ã ã John F. Barnes, PT, LMT, NCTMB, is a therapeutic 'icon' considered to be a therapist and teacher of the highest caliber. He has been teaching Myofascial Release seminars for over 40 years and has trained over 100,000 therapists. ã ã John was named one of the most influential persons in the therapeutic profession in the last century, in the national *Massage Magazine's* featured article "Stars of the Century". ã ã John was also the featured speaker presenting his Myofascial Release Approach at the American Back Society's symposiums for over twenty-five years. This is a group of leading orthopedic surgeons, neurosurgeons, physicians and therapists from around the world looking for leading edge techniques. The theme was the most important advances in healthcare this century. ã ã This important book is about your empowerment as a therapist, as a patient, and as a human being. John offers you a glimpse into a new and expanded view of pain and a path to a calm, tranquil and clearer way of being in your world. ã ã The goal of Myofascial Release is to return you to a pain-free, active lifestyle.

## Book Information

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## Customer Reviews

John F. Barnes, PT, is world-renowned therapist, author, visionary, and authority on Myofascial Release. Considered to be one of the most impressively talented therapists of our time, his mastery of Myofascial Release, teaching and healing are beyond comprehension. John F. Barnes, PT, graduated from the University of Pennsylvania as a Physical Therapist in 1960 and he holds physical therapy licenses in Pennsylvania, Arizona, New Jersey, Delaware, Colorado, and Hawaii. He is on the Counsel of Advisors of the American Back Society, is an Editorial Advisor of the Journal of Bodywork and Movement Therapies; and is a member of the American Physical Therapy Association. John lectures internationally presenting the "John F. Barnes Myofascial Release Approach" seminar series and "Advances in Spinal Diagnosis and Treatment for the 21st Century," for the American Back Society. John F. Barnes, PT was named one of the most influential persons in the therapeutic profession in the last century, in the national Massage Magazine's featured article "Stars of the Century" and was a featured speaker presenting his Myofascial Release Approach at the American Back Society's meeting whose theme was the most important advances in health care this century.

John F Barnes, PT shares his personal journey along with patient stories of healing from chronic pain. I was so fortunate to discover this approach to Myofascial Release for myself in 2005. I had been through traditional physical therapy, chiropractic care, and another therapy center and heard those words, "sometimes the pain doesn't go away." After a few sessions of receiving the Barnes' Approach to Myofascial Release I was moving better and gaining range of motion and had less pain! I could pick my leg up without assistance! John Barnes has given the world a gift. This book shares his gift. Read it, embrace it, find a therapist at [mfrtherapists.com](http://mfrtherapists.com). I am only one of many who have chosen to become a Myofascial Release Therapist because of the impact of this manual therapy upon us personally. This is life changing on so many levels. If you have chronic pain you need this book and you need John F Barnes, PT Myofascial Release.

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