



Beyond Exercise: How Biomechanics Saved My Life and Can Change Yours

Pamela Minix

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In *Beyond Exercise*, Pamela Minix asserts a deeply engaging premise: biomechanics can transform everything – even our brain function. It can put right what is wrong in our athletic performance. It can address our chronic pains. Properly mobilized, she presents, biomechanics can make a phenomenal impact on deep-rooted imbalances. Using her personal experience as the model, she bares the science behind biomechanical efficiency in an easy-to-read and applicable way. You will discover philosophies and habits that enhance the innermost workings of your neuromechanics. With conscience execution, you will learn movements that go beyond exercise to activating your true potential.



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