

[THE MIRACLE BALL METHOD BY ELAINE PETRONE](#)



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The Miracle Ball Method relieves this excess muscle tension and you will find you have more freedom of movement and improved circulation. Your muscles become more supple, you will feel more parts of your body, breathing improves and your body's innate sense of balance to realign is realized. Stress and pain is then lifted from your body.

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ELAINE'S BIO The Miracle Ball Method

Elaine Petrone developed her method of stress and pain reduction from her own experience with chronic pain. Ms. Petrone is the author of the bestselling books The Miracle Ball Method , The Miracle Ball Method for Pregnancy and Portable Miracle Ball Method , published by Workman Press.

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The Miracle Ball Method by Elaine Petrone

I actually found and started using the Portable Miracle Ball Method before buying the full Miracle Ball Method. The little kit comes with one small squishy ball, a small book of exercises, and a mesh bag.

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The Miracle Ball Method Relieve Your Pain Reshape Your

Elaine Petrone developed her Miracle Ball method out of her own experiences with chronic pain. In addition to her books, she's written for and been featured in Fitness, Vogue, Woman's Day, Glamour, Redbook, Self, Elle, Town & Country, and Harper's Bazaar.

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NYC Dancer Develops Miracle Ball Method for Pain Relief

The amazing success story of the Elaine Petrone Method for pain management is outlined in the book Business Success Today by Winslow Bud Johnson.

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The Miracle Ball Method DVD Review The Elaine Patrone

And it is just as easy as it sounds. The founder Elaine Petrone claims that you'll feel leaner, longer, and less stressed, and reshape your body by doing this method.

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The Miracle Ball Method Relieve Your Pain Reshape Your

Pain relief from head to toe. The Miracle Ball Method is a proven, effective healing kit, including two balls and a fully illustrated book of exercises and techniques for pain and stress relief.

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The Miracle Ball Method Relieve Your Pain Reshape Your

The Miracle Ball Method is a proven, effective healing kit, including two balls and a fully illustrated book of

exercises and techniques for pain and stress relief. The Method. This revolutionary program uses controlled breathing, two squishy balls, and simple exercises of rolling and rotating to heal everything from a bad knee to a stressed-out back. The key is to let gravity do all the work.

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Elaine Petrone Workman Publishing

Elaine Petrone has developed a revolutionary program of pain relief which she teaches in her classes and her bestselling book, THE MIRACLE BALL METHOD, with over 1,250,000 copies in print.

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