



# The Portable Miracle Ball Method

*Elaine Petrone*

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Introducing *The Portable Miracle Ball*, a book of simple exercises for pain and stress relief with an inflatable Miracle Ball. Ideal for business travelers and commuters or anyone who spends long hours away from home, these exercises require only one ball (which packs easily and is discreet to use in public) and can be done anywhere and everywhere. The fully illustrated book is filled with simple exercises that work miracles the minute you settle into your hotel room or board a plane.

Stuck in a long line at the bank? Here are techniques to stretch the muscles and reduce tension right on the spot (and no, you won't look silly). Feet worn out after a day at the museum? The author's soothing exercises targeting the insteps and legs will have you up and moving again in no time. And for anyone who experiences discomfort when sitting for long periods, the book features exercises to be performed at your desk, on a plane, or even in a restaurant. A chapter on "Emergency Measures" provides quick relief for back spasms, waking up with extreme stiffness, and other acute problems. The author discusses proper breathing technique, ball placement, and the importance of listening to one's own body when performing the movements.

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