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Balance Is Power: Improve Your Body's Balance To Perform Better, Live Longer, And Look Younger

Balance is **POWER**

Improve Your Body's Balance
to Perform Better, Live Longer,
and Look Younger



Jim Klopman

with Janet Miller



Synopsis

Fitness books love fad diets, creative exercise regiments, and, most of all, catchy headlines and marketing. But real success in fitness, sports, work, and life all begin with understanding and optimizing the human balance system. Proper balance is the key to unlocking your full athletic potential and can quickly help you become a faster running, smoother pivoting, better aiming, throwing, and hitting performer, with far lower risk of injury. But there's a dark side to the story of balance. Over the past decade, deaths by fall have doubled and falls have cemented themselves as the leading cause of concussions nationwide. Luckily, your body's balance system works like magic once its hidden potential is unleashed. The path to unleashing your Balance of Power lies within these pages and when you finish it once, the skill will stay with you forever. For the past five years, Jim Klopman has intensely studied and analyzed the phenomenon of human balance, while developing a game changing training method along with custom made equipment to aid students of all ages in achieving peak physical and mental performance. Balance your body. Balance your mind. Unleash your best.

Book Information

File Size: 21143 KB

Print Length: 224 pages

Simultaneous Device Usage: Unlimited

Publisher: Lioncrest Publishing (June 28, 2016)

Publication Date: June 28, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01HQTHYHE

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #39,261 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #7 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Golf #8 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Holistic #32 in Books > Sports & Outdoors > Golf

Customer Reviews

I think all the five star ratings must have been written by the author's relatives. I am about 3/4 through the book, and so far it could all be summed up by saying "it's good to have a good sense of balance". OK, but I thought that before I bought the book. If I hadn't thought that, I wouldn't have bought the book in the first place. There are a lot of chapters like, Throwing a Ball, in which you'll learn, after several pages, that having a good sense of balance is good if you want to throw a ball. You get the general idea. When I finally got to the first set of exercises to improve your balance, it was all a bunch of things you could think of yourself if you spent about two minutes thinking about "what could I do to improve my balance." The best thing I could say about this book is that it's cheap, so you won't have to regret losing a lot of money when you develop buyer's remorse. If I discover that there's an amazing amount of value in the last 1/4 of this pos, I'll be truly amazed, and I'll revise this review accordingly. OK, I've looked at rest of the book. To do the rest of the exercises, you'll need to invest in some equipment, all of which is conveniently available on the author's website, e.g., the SlackBow 1300 currently going for a mere \$1,250 smackeroos. If you're convinced you need one of these babies to learn how to balance, I have a couple of bridges across the Pacific I think you might want to invest in.

I'm convinced that the philosophy and teachings in the pages of this book didn't just help me improve my balance in short order, but gave me tools to do so many things better than I did before. I considered myself athletic; I had practiced yoga and meditation and Pilates and thought I had done a pretty good job of tuning my mind and body. But after a few weeks of practicing Jim Klopman's balance training regimen, I was stunned to find my golf game jumped to a new level, I was able to concentrate on work tasks better than ever, and I was sleeping like a baby. My husband, a born skeptic, couldn't believe I could get all that out of such simple exercises and I challenged him to try it. Soon he was driving a golf ball farther, skiing faster, feeling stronger and crediting it all to his newly improved balance. We've spread the word to family and friends, young and old, and given the enthusiasm and results we're seeing in them, we believe we're seeing the beginning of a fitness revolution. Move over Pilates. There's sure to be a Klopman studio coming to your neighborhood soon. At least I hope so! In the meantime, read this book. It can change your life.

This book is truly filled with remarkable ideas. I am unaware of any study which integrates the techniques Klopman suggest. I just began implementing the techniques and the results are amazing. I started doing a 5 minutes daily program just to see if it would actually work, and I couldn't believe how fast my balance and overall well being improved ! You have to actually try this to

believe it. This is a great resource for any age group - from people looking to enhance their prowess in athletics, to seniors. I am having my 89 year old mother start on a mild program to protect her from the dangers of falling. A quick read, and so worth it. Robert O'Keefe

When you think about improving your skills for a particular sport or recreational pursuit, you probably think about working on strength, endurance or mechanics. Balance is just something that's inherent in the background. After reading this book, you'll realize that understanding and improving your balance skills can quickly lead to a substantial performance improvement for ANY physical endeavor. The brilliance of this book is two-fold: It explains the pervasiveness and significance of balance in ways you've probably never even thought about. It then provides a clear and well-illustrated training program to improve your own balance skills. There are numerous real-world examples showing that the resulting performance improvement can be surprisingly dramatic. As an added bonus, improved balance skills can extend well beyond physical prowess. There is, for example, an illuminating chapter on "Concussion Repair and Prevention." This book will give you a whole new respect for the importance of balance. If you follow its training program, it will also give you more performance improvement than you probably thought possible. Well worthwhile and highly recommended.

Jim's program is comprehensive, well-thought-out, progressive and safe. It is something that can be made to be accessible and beneficial by people of all ages, and easy to incorporate into any fitness regimen. If you want to improve your balance, your speed, your vertical jump, etc., then read this book and implement this protocol into your training. The SlackBow has helped my clients and it has helped me as well. My balance has improved beyond belief. For example, I see continued improvement in my golf game. When Jim says, "Balance is Power," he is so right. But it is more than that. More than better scores. More than improved performance. To many, balance is equal to life. A longer, better life. Thank you Jim for taking me under your wing and teaching me The Balance Is Power protocol and helping me positively impact the lives of my clients. I have truly enjoyed our time together and the knowledge I have received from you is invaluable. You truly are the Mad Scientist

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