



# Healing Ancient Wounds: The Renegade's Wisdom

*John F. Barnes PT*

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## **Healing Ancient Wounds: The Renegade's Wisdom** John F. Barnes PT

This enjoyable and important new book, *Healing Ancient Wounds: The Renegade's Wisdom* explores the intricacies of intuitive awareness and the dynamic mind/body healing principles of Myofascial Release.

Myofascial Release is a mind/body therapeutic healing approach that is safe, comprehensive, and highly effective in relieving pain, headaches, and restoring motion. The goal of Myofascial Release is to return the individual to a pain-free, active lifestyle.

To the patient and public: do not let the talk of technique and training deter you, the message in this work is strongest for you. It is you for whom this work is intended. Read this book to deepen your participation in the treatment process and hasten the achievement of your recovery. In the process, you will discover a profound understanding of who you are and how you got to where you are today. Through other people's stories, you will see that you are not alone in your struggle.

This important book is about your empowerment as a therapist, as a patient, and as a human being. This book offers you a glimpse into a new and expanded view and way of being in your world. These advanced principles and concepts will dramatically increase your effectiveness as a therapist and/or your treatment response as a patient. Myofascial Release treats the "being" of the human being. This fascinating book will touch you deeply, guiding you into a unique way of enhancing your personal power, intuition, and awareness that will help you reconnect with your essence.

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