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Posture Makeover: The Secret to Looking Great, Feeling Confident and Living Pain Free



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**Change Your Posture. Change Your Life.**

Posture coach Michelle Joyce reveals the secrets that will transform your posture from slumpy to stunning. Reenergize your body, and banish back aches and neck pains, with simple stretches and exercises for every lifestyle. Rejuvenate yourself as you learn how to move with style and grace in any situation. And rediscover your inner confidence as Michelle shows you how to let go of unhealthy habits and relax your way to sustainable posture success.

Are you ready to look good and feel great?  
It's time for your posture makeover.

Michelle Joyce is the creator of The 30 Day Posture Makeover video series and app. She's been a featured posture expert on TV shows across the US, she lives in Eugene, Oregon with her husband and two children.  
[www.posturemakeover.com](http://www.posturemakeover.com)



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...with the subtle texture of the fabric and the way the light catches the folds of the material. The result is a look that is both elegant and sophisticated.

CULTURE SHOCK

In the past, when we traveled, we were often met with a sense of curiosity and wonder. We were seen as newcomers, and our presence was often met with a mix of interest and skepticism.

The first time we stepped out of our comfort zone, we were met with a sense of awe and wonder. We were seen as newcomers, and our presence was often met with a mix of interest and skepticism.

As we moved through the world, we were often met with a sense of awe and wonder. We were seen as newcomers, and our presence was often met with a mix of interest and skepticism.

But over the years, it has become an effort to be seen and heard. It has become a way to connect with others and to share our experiences.

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