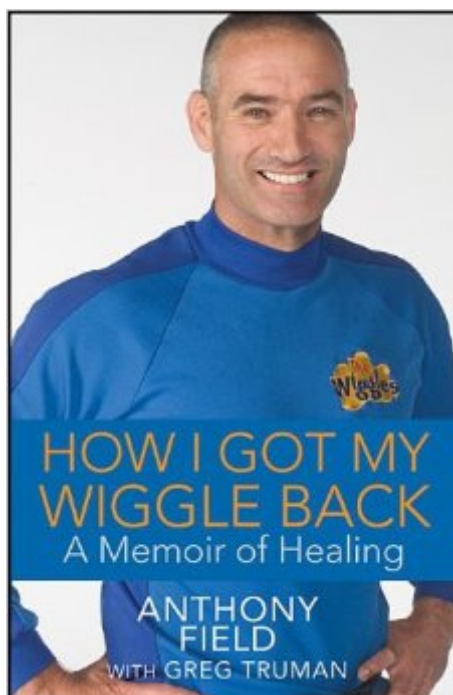


The book was found

How I Got My Wiggle Back: A Memoir Of Healing



Synopsis

The dramatic personal story of Anthony Field, founder and costar of the world's most popular children's musical group, The Wiggles. With their distinctive look, catchy music, and upbeat message, the Wiggles have performed their way into the hearts and homes of millions of kids and their parents around the world. Their extraordinary success over the last twenty years includes TV shows, the sale of tens of millions of CDs and DVDs, and sell-out live performances for a million people annually as well as honors including being named UNICEF goodwill ambassadors. Now, for the first time, Anthony Field, the "blue" Wiggle, tells his inspiring, behind-the-scenes story of how he overcame depression, life-threatening illness, and chronic pain to get his life back. Takes you inside the life of the Wiggles' co-founder Anthony Field and the story of his successful struggle to overcome debilitating emotional and physical health challenges. Shares practical action steps to help relieve pain, prevent and heal disease, and achieve peak fitness regardless of age. Reveals groundbreaking approaches to wellness developed by two acclaimed chiropractors. Includes more than seventy photographs from Anthony Field's personal collection.

Book Information

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Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (32 customer reviews)

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Customer Reviews

Well I read some of the other reviews and someone mentioned achilles tension. Well I have this along with plantar fasciitis (sore arches), sore calves etc. And of course what really brought me to this book was that I also have depression, IBS, other body aches etc. So when reading this book I got chills down my spine! The symptoms Anthony describes are very similar to my own. Luckily his symptoms were worse, but eerily similar. So similar I had to put the book down a couple of times, I

was kind of afraid to read on, because I was fearful not to get my hopes up and that this book would just end up being another dead end. Essentially Anthony fixes his physical problems with chiropractic treatment of his feet (mainly) and lower body. And then also later on fixes his digestive problems with nutritional treatment from another chiropractor. So the book contains information on how to diagnose and treat yourself - in terms of your foot and lower body problems - which cause problems right up your body. The trouble is, it's pretty incoherent in that the section entitled "What Can You Do?" commencing on page 129 is very hard to follow. There are a bunch of photos with captions and textual descriptions which are supposed to go with them. But they're far too brief and don't make a lot of sense to me. For instance there are 2 parts called "Release toe spring #1 and #2" with completely different pictures and explanations and also the photo for the part called "Release Plantar Calcaneonavicular" seems to be the incorrect one. And so on. Does this make sense to anyone?: "Release Ankle Joint #1 Spring (Subtalar): Apply pressure at the ankle joint. Wiggle foot and ankle to feel the joint line. Move up the length of the joint.

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