



# The Vance Stance

*Vance Bonner Ph.D.*

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# The Vance Stance

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**The Vance Stance** Vance Bonner Ph.D.

Relieve pain. Enhance flexibility. Halt the eroding effects of aging. Dr. Vance Bonner has spent two decades teaching body mechanics, kinesiology, and exercise therapy.

*The Vance Stance* is every reader's private seminar with Dr. Bonner. Beginning with simple self-diagnosis, here is a step-by-step, joint-by-joint series of sessions and stretching exercises that ease the body back to its original design so that a person can stand and move in balanced alignment, working with gravity instead of against it. Soon back pain disappears, foot problems such as hammer toes are eliminated, stress is reduced. And ultimately, one discovers the next best thing to the fountain of youth: how to keep the body trouble-free after the age of 30. Selection of the Literary Guild and Health Book Club.

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