

Help your knees to heal with these easy-to-follow exercises

that will relieve tension, strengthen muscles and tendons, and provide more pain-free flexibility. Knee problems are always linked with our posture, the alignment of our feet and pelvis, as well as our general sense of balance. This holistic knee programme, devised and presented by Inka Jochum, will eliminate painful knees once and for all.

→ Healthy knee joints: easy exercises for prevention and healing



© Raucka

Inka Jochum has over forty years' experience teaching breathing therapy, yoga, Tai Chi, Qi Gong and meditation. She runs group seminars as well as offering individual therapy sessions. Her previous publications include »The Back Cure Book« and »No More Fatigue«.

Read more about the author on www.inka-jochum.de.



Inka Jochum

THE KNEE CURE BOOK

Easy exercises for more flexibility and less pain

Approx. 64 pages, 12,8 x 18,5 cm

Four-colour throughout

Hard cover

ISBN 978-3-485-01300-0

»Professional advice – useful help«

Our successful series with more than 1 million copies sold



Linda Deslauriers
HAIR LOSS – A THING
OF THE PAST!
ISBN 978-3-485-01123-5



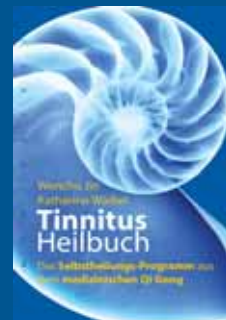
Jürgen A. Doose
EFT
ISBN 978-3-485-01017-7



Adelheid Ohlig
SAFE JOURNEY
ISBN 978-3-485-00910-2



Monnica Hackl
SUPER POTENT MALE
ISBN 978-3-485-1110-5



Wenchu Jin,
Katharina Weibel
A CURE FOR TINNITUS
ISBN 978-3-485-01139-6



Inka Jochum
NO MORE FATIGUE
ISBN 978-3-485-00896-9



Inka Jochum
NEW ENERGY
ISBN 978-3-485-01048-1



Inka Jochum
NEVER FEAR
ISBN 978-3-485-01016-0



Inka Jochum
BACK HEALING
ISBN 978-3-485-00857-0



Inka Jochum
THE NECK AND
SHOULDER CURE BOOK
ISBN 978-3-485-01158-7



Inka Jochum
INCREASE YOUR AGILITY
ISBN 978-3-485-01090-0



Inka Jochum
EYE HEALING
ISBN 978-3-485-00925-6



Ingrid Kraatz von Rohr
THINK PINK!
ISBN 978-3-485-01047-2



Kerstin Leppert
STRESSED OUT?
NEVER AGAIN!
ISBN 978-3-485-01124-2



Dorothea Neumayr
THE ABC OF FASTING
ISBN 978-3-485-01176-1



Frauke und Wilfried Teschler
JUST SLEEP
ISBN 978-3-485-01089-4



Werner Rieth
LOOSE WEIGHT WITH YOGA
ISBN 978-3-485-00966-9



Barbara Rütting
LAUGH YOURSELF WELL
ISBN 978-3-485-01077-1



Kerstin Leppert
NO MORE COUGHS
AND COLDS
ISBN 978-3-485-01194-5



Christine Janson
MIGRAINE – NEVER AGAIN
ISBN 978-3-485-01140-2

All Titles:
12,8 x 18,5 cm,
64 pages,
four-colour
throughout