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Show notes. Brooke: You wrote the excellent book, The New Rules of Posture. I was wondering if, for contrast, if you could explain the old rules of posture and why we

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New rules of posture: how to sit, stand, and move

Our books celebrate the earth while seeding a new dream for The New Rules of Posture How to Sit, Stand, and Move in the Modern World. By (author

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the new rules of posture I cannot say enough about the value of Mary s perspective, exhibited in The New Rules of Posture and her DVD series.

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