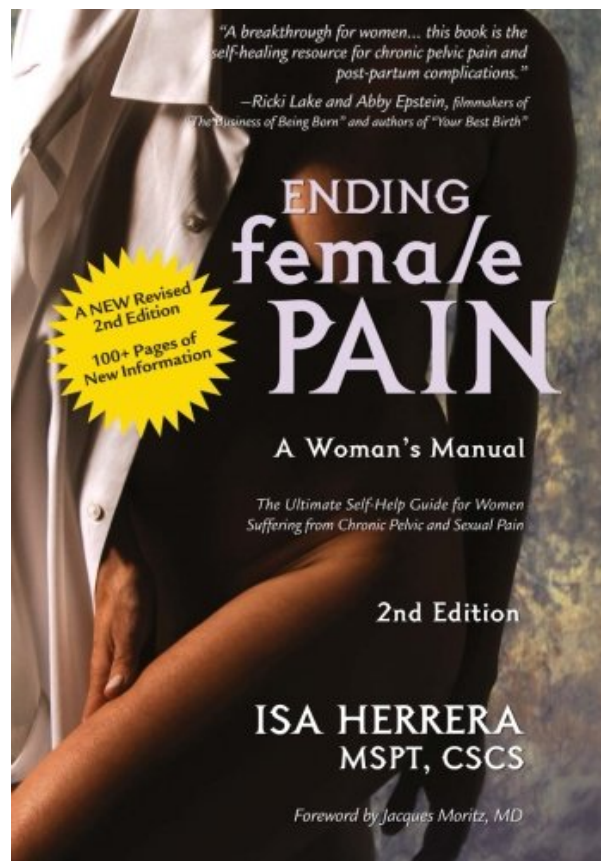
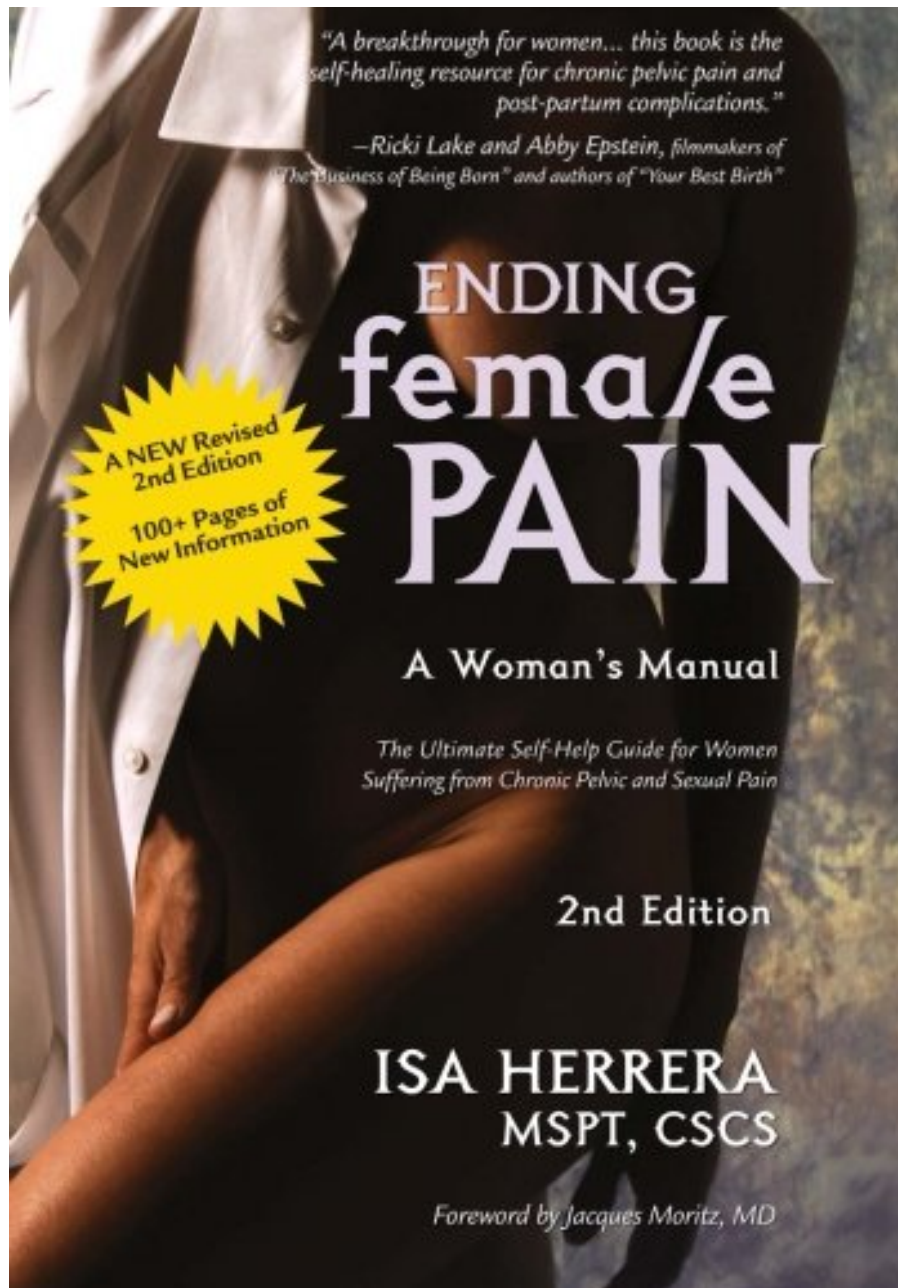


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Isa Herrera, MSPT, CSCS, women's health physiotherapist, has written the quintessential self-help book for women suffering from chronic pelvic and sexual pain. In this unique book, Ms. Herrera delivers the goods, sharing her trade secrets with you and putting you on the right track to a pain-free lifestyle and enjoyable sex life. The large selection of techniques in this book are based on Herrera's real-life experience in treating women at her NYC based healing center, Renew Physical Therapy, where she treats women who suffer from conditions such as vulvodynia, vaginismus, interstitial cystitis, vestibulitis, endometriosis, and pre- and post-natal pain. Ms. Herrera has written a multi-layered book, fusing yoga, Pilates, internal massage, scar therapy, visualizations, and vulva self-care, ensuring that there is something for every woman who has suffered long enough with sexual, pelvic, or scar pain. In this book Ms. Herrera shows you how she helped countless women get on a path to self-healing, ultimately breaking their cycle of pain. With this book Ms. Herrera is declaring a revolution, stating: "I have given you the tools you need, don't hesitate to get started, end your pain and be the heroine of your own story."

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The best home resource I have found!

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