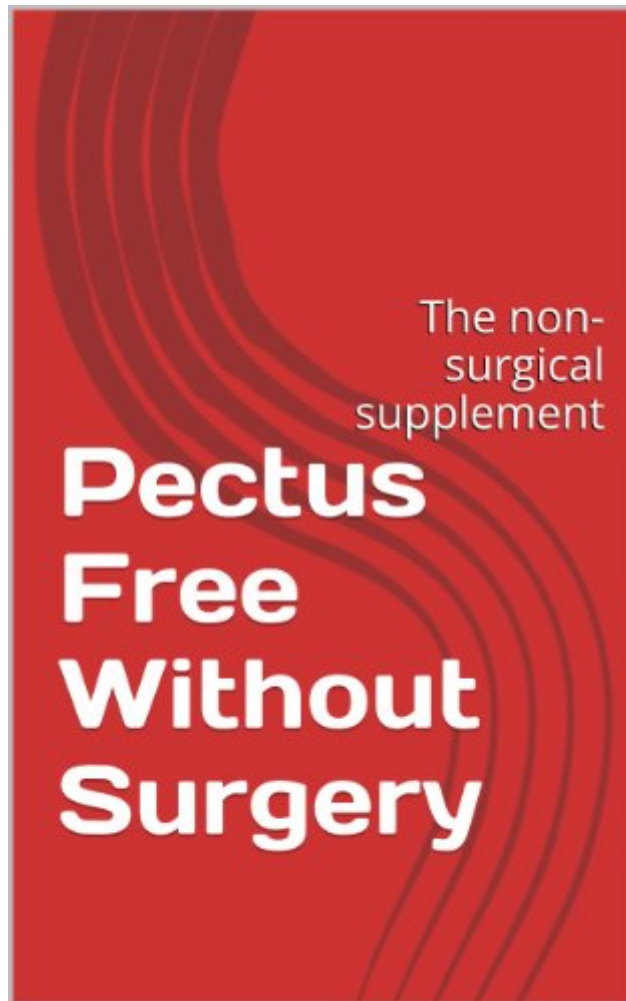


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# Pectus Free Without Surgery: The Non-surgical Supplement



## Synopsis

Before you start reading through this book, I would like to point out the title of this book is not literate. I chose the title "Pectus Free without Surgery" as it's a catchy title. The pectus free part of the title is dependant from person to person. But you can improve the look of your chest by following the exercises in this book. To what degree your chest improves only time will tell, plus other factors are to be considered, but they will be explained to you later on. I know because I have improved my chest, posture and my body shape in general with these exercises. My chest is still not perfectly flat, and I still have a slight sideways curve in my lower spine, but I have improved both to such a degree that I am happy and comfortable with the way my chest and body looks, but I am always open to improvement as anyone should be. This book is a useful tool for pectus excavatum improvement with or without surgery and / or bracing support.

## Book Information

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