

Tools To Live A Smart Life

Resources For Competent Self Care

I thought it would be helpful to create a resource page to summarize what I feel are the "Tools To Live A Smart Life" and pursue competent self care. Along with this, I am often asked about the tools I use in my personal and professional life. I thought I would document them here. I recommend bookmarking it for your reference and convenience. Enjoy!

Clinical

- Mechanical Diagnosis And Therapy

Competent Self Care

- Treat Your Own Back
- Treat Your Own Neck
- Treat Your Own Shoulder
- Treat Your Own Knee
- RunSmart

Blogging And Web Development

Myhosting Joomla RocketTheme Disqus Google Analytics Statcounter Feedburner
(E-junkie/PayPal)

Writing

Scrivener On Writing Lulu

Links to all of the book and video resources can also be found in my online store.

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