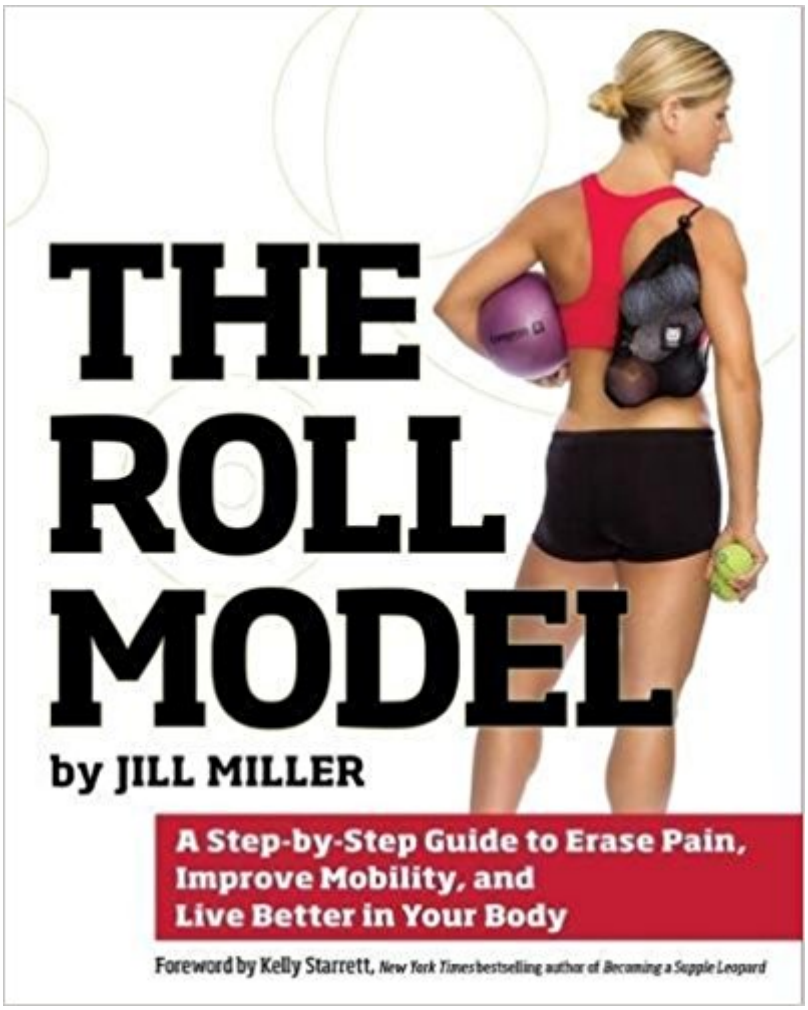
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The Roll Model: A Step-by-Step Guide To Erase Pain, Improve Mobility, And Live Better In Your Body



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Synopsis

LIVE BETTER IN YOUR BODY.Pain is an epidemic. It prevents you from performing at your best because it robs you of concentration, power, and peace of mind. But most pain is preventable and treatable, and healing is within your grasp. Hundreds of thousands of people around the globe have taken life Ã¢â ¬Å“by the ballsÃ¢â ¬Â• and circumvented a dismal future of painkillers, surgeries, and hopelessness by using Jill MillerÃ¢â ¬â„¢s groundbreaking Roll Model Method. The Roll Model gives you the tools to change the course of your life in less than 5 minutes a day. You are a fully equipped self-healing organism, and this book will guide you through easy-to-perform self-massage techniques that will erase pain and improve your performance in whatever activities you pursue. The Roll Model teaches you how to improve the quality of your life no matter your size, shape, or condition. Within these pages you will find: Inspiring stories of people just like you who have altered the course of their lives by using the Roll Model Method Accessible explanations of how and why this system works based on the science of your body and the physiological effects of rolling Step-by-step rolling techniques to help awaken your bodyÃ¢â ¬â„¢s resilience from head to toe so that you have more energy, less stress, and greater performance Whether youÃ¢â ¬â„¢re living with constant discomfort, seeking to improve your mobility, or trying to avoid medication and surgery, this book provides empowering and effective solutions for becoming your own best Roll Model.

Book Information

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Customer Reviews

Jill has put forth one of the great works of public health in our time. (- Dr. Kelly Starrett co-founder of Mobilitywod, New York Times bestselling Author of Becoming a Supple Leopard)Short of taking Jill Miller home with you,there is no better source for step-by-step self-care health-care than The Roll Model. Metamorphosis is not only for butterflies- you too can change your body into a different animal. The Roll Model is a book as robust as your health will be after reading it. (- Katy Bowman, M.S. author of Move Your DNA: Restore Your Health Through Natural Movement)Mobility is the key to unlocking next level strength and performance in your body. Jill Miller is not only the master of this, she teaches it in a way that simplifies the science and gives clear instructions that anyone at any fitness level can use immediately. My body has never been happier. And my foam roller has never been more jealous. (- Adam Rosante, Celebrity Fitness & Wellness Coach, author, The 30-Second Body.)Where movement meets method is where the rubber hits the road in any therapeutic practice and it is there that great change can take place. The Roll Model presents a concrete roadmap for pain management, body ease, and movement efficiency. JillÃ¢â ¬â„¢s energy, endless curiosity and extensive work in the areas of anatomy and yoga therapy all Ã¢â ¬Å“rolledÃ¢â ¬Â• into one, make her voice unique. Ã¢â ¬ËœLive better in your bodyÃ¢â ¬â„¢ is a promise you can bank on when working with JillÃ¢â ¬â„¢s self-care methodology and The Roll Model may be just be the breakthrough your body has been secretly been begging for and the path toward true physical freedom. (- Brooke Siler, author of NY Times Bestseller The Pilates Body, Your Ultimate Pilates Body Challenge, The WomenÃ¢â ¬â„¢s Health Big Book of Pilates)I really love the 'live better in your body' part of the promise of this bookÃ¢â ¬â •it should be a priority for everyone. And I think Jill Miller's approach to self-massage is excellent. One of my personal goals is always expansionÃ¢â ¬â •becoming more open and more flexible, both physically as well as mentally. I often think that where the body goes, the mind follows. And a flexible bodyÃ¢â ¬â •one that can really moveÃ¢â ¬â •can go farther and longer. (- Gabrielle Reece, former pro beach volleyball player and certified trainer)This carefully written and beautifully illustrated book lays out a comprehensive new system of 'self-care healthcare' thatÃ¢â ¬â„¢s grounded in science, honed by experience, and proven by an exceptional track record of success. The Roll Model offers an invaluable resource for anyone who is ready to expand their self-care repertoire, or works to support others in sustaining optimal health. (-Carol Horton, PhD, author of Yoga PhD; co-editor of 21st Century Yoga)

JILL MILLER is the co-founder of Tune Up Fitness Worldwide (www.tuneupfitness.com) and the creator of the corrective exercise format Yoga Tune UpÃ Â® and the Roll ModelÃ Â® Method. With

more than 28 years of study in anatomy and movement, she is a pioneer in forging relevant links between the worlds of fitness, yoga, massage, and pain management. She has presented case studies at the Fascia Congress and the International Symposium of Yoga Therapists and is a regular at fitness conferences worldwide. Known as the Ã¢â ¬Å“TeacherÃ¢â ¬â„¢s Teacher,Ã¢â ¬Â• Jill has trained thousands of movement educators, clinicians, and manual therapists to incorporate her Therapy Ball products and fitness therapy approach, which can be found in fitness clubs, CrossFit boxes, health spas, chiropractic and physical therapy offices, and corporate wellness and medical facility programs worldwide. Her specialized Yoga Tune Up teaching team leads classes, workshops, and trainings internationally. Jill and her Roll Model products have been featured on Good Morning America, TODAY, Fox News, and ABC News and in publications such as O, Shape, Fitness, W, Self, Yoga Journal, WomenÃ¢â ¬â„¢s Health, Redbook, Fit Pregnancy, Prevention, and the Huffington Post. Jill sits on the advisory board of Natural Health magazine and is a contributing fitness expert to the LA Times and the Oprah Winfrey Network. She has built a library of more than 55 best-selling fitness therapy DVDs, including Treat While You Train, CoregeousÃ Â®, QuickFix Rx, and KneeHab, as well as PranamayaÃ¢â ¬â„¢s Yoga Link and GaiamÃ¢â ¬â„¢s Yoga for Weight Loss. Jill lives in Los Angeles with her husband, Robert, daughter, Lilah, and two rescue mutts.

I was going back and forth between getting kindle or paper version. Big price difference , but images can be hard to make out and a little tricky to navigate. I took pictures so you can decide for yourself. Last picture show also one of kindle image series when zoomed in

What an informative book! Recommended at a work "lunch and learn" by a local chiropractor to a group of office workers. There had to be multi-sales that day as the book is up-to-date with the best answers for those chronic desk job sore spots but also fabulous photos and precise instructions. The best part is the introduction and explanation of how fascia and our recognition and treatment of it can be our best partner in healing and progressing out of chronic sitting and posture issues. Great go-to handbook!

Jill is a powerhouse of knowledge about the body and easily shares it in TRM. This book is written for everybody & every body, including body movement professionals. As a yoga teacher, I have been following Jill’s teaching for a few years. She is a gifted communicator, teacher and leader of how to live as optimal as possible in your body and mind.In TRM, Jill methodically teaches you the

how, what, why and where of rolling out your muscles and fascia. Jill’s commitment to self-care for everybody is reflected in this gift of a book.I recommend this book for anyone who wants to relieve pain and stress, improve their posture and postural habits, and perform better in all aspects of their life. The Yoga Tune Up balls are not your average balls (like tennis balls, squash)--they perform magic. Sometimes, all I want to do is stay home and roll. Feeling better is addictive...they do say...if it feels good do it...then do it some more. Thank you, Jill, for being...and writing The Roll Model.

Great resource. Filled with many many techniques to get at problem areas. I was a long time competitive althlete and as such collected many injuries along the way. Now almost 50, those are catching up to me. I use this book to treat chronic back, hip, neck, and leg problems. I use the YTU balls every single day. I have three sets. One for home, office and gym bag.This book’s illustrations helped me to gain a much better understanding of what muscles, tendons, etc were potentially causing pain and how to help ease the discomfort.I love this book. Thank you Jill for this amazing contribution to wellness.

This book could’ve been about 30 pages (I believe another reviewer said something similar). The only part that is really relevant is the actual exercises themselves. I do not need all the stories about people who have used this book and it has helped. I suspect these are included to convince people of The Roll Model, but if you are buying the balls and the book then you are convinced. The rolling has been essentially for me as I train for a marathon and other running races. However, I really only needed the instruction. I am aware that other people will enjoy the stories, but they are not necessary and thus a large expense.

My son-in-law works with Kelly Starrett and he gave me a set of YTU balls after I finished my chemo a couple years ago. I was mostly using them to roll out my feet to help with tight hamstrings. Then I took a class from my yoga teacher who is a YTU instructor and it was the best thing I have ever done. I bought this book and since I work at home I can take breaks and do a section or two during the day as a break from sitting. The instructions are clear and the results are almost immediate. I now have ALL of them including the Coregous Ball and I continue to take workshops from my yoga studio whenever I can. After having my body completely broken down by chemo, I am committed to building it back up better than ever, and this book and my YTU balls are on my plan.

Of the several excellent books that I have read over the years, three that stand out, in my opinion,

areMove Your DNA by Katy BowmanThe Trigger Point Therapy Workbook by Claire DaviesBreatheology by Stig Avall SeverinsenJill Miller's book, The Roll Model, accomplishes to combine the above three and to serve as a practical guide and reference. The concept of yoga by itself being insufficient and requiring to be supplementation by nutrition, awareness of posture and a regular regimen of soft tissue manipulation is refreshing and timely. The arguments for using specialized balls instead of tennis balls, lacrosse balls, etc. are compelling. Personally, I like (and will continue) to use a hard PVC roller (homemade) for my legs, but for the upper body specialized equipment works better. Jill has made a very meaningful contribution to the health literature and will help many people improve the quality of their lives.

Having practiced yoga for 20 years with amazing teachers the world round, I continually come back to Jill Miller for innovative, effective techniques that are supported by cutting-edge physiological research, while still conveyed with simple instructions. I could sit for hours and drink in the beautiful images and in-depth analysis that specifically instruct how to heal congested tissues, physical imbalances and even emotional trauma. But as a mother of two small children, this is the book I reach for when I only have 10-15 minutes on any given day to relax my mind, release my muscles and restore my energy. The Roll Model gives a great gift - the ability to heal ourselves in the privacy of our own homes or even hotel rooms. I'd sooner travel without my toothbrush than without my therapy balls.But beyond Miller's expertise, which is vast, this book exudes heart. It inspires and motivates with personal stories of transformation by many who have used these healing techniques. These stories are a testament to the resilience of the human mind, body and spirit, and to the unwavering devotion of a pioneer to her craft. Jill Miller has created a seminal work in self-healing. She is a beacon for anyone seeking to live pain-free and perform at peak.

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