

Hands of Expression

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Your hands are tools of expression. Just like with your facial expressions, your hands are very instrumental in expressing how you feel. You use your hands every day as a mode of expression - they are huge part of your body language signals.

Not only that, but we use our hands every day for hundreds of tasks. Your hands hold your pen to write, they have to move fast to type, they open bottles and jars... maybe you are a massage therapist and you use your hands to flow healing energy and you need gentle strength...

If you are an artist... a sculptor or a painter, maybe you are a musician - your hands express emotion and needs to be supple and strong and dexterous in order for you to adequately express your art.

The point is - we underestimate the importance as well as the power of our hands and we often neglect to condition and nurture this very important part of our bodies. We exercise our legs and our arms and backs and chests and abs - but what about this very important part of your body?

Today I want to present you with an Amazing system called "Finger Gymnastics".

My husband, Garin Bader is a world-class concert pianist and a master magician who has won as many as thirteen international competitions for both these arts. But not only is he a very talented musician and magician, but he is also an artist, sculptor and martial artist who does two finger push-ups but at the same time he has the most gentle and healing touch.

Yes I know, it sounds too good to be true, but it is for real. I have witnessed it all. By doing all these different things and practicing eight to thirteen hours a day it is imperative that he keeps his hands strong and pain free.

His hands are his most important asset and he spent his life making sure that they are strong as well as dexterous and remain injury free. With a lifetime worth of knowledge, he has created a system called "Finger Gymnastics". This is a three DVD course in which he shares with you all kinds of amazing and unconventional exercises to create and maintain hands and fingers that are strong, dexterous and expressive and that flows energy freely.

Not only does this system give you all that, but he also shows you how by being able to flow energy through your hands properly, you can eliminate neck and shoulder tension. He also shows you exactly how to get rid of and prevent carpal tunnel syndrome without the use of ugly wrist braces that only treats the symptoms and not the cause.

These are not the regular gripping exercises and will give you graceful hands with which you can express yourself freely and with Pizzazz!

Run over to <http://www.fingergymnastics.com> and take care of one of the most important parts of your body right now!

Kind Regards

Vanessa Bader

P.S. Your hands are a mode of expression as well as an everyday tool to get all kinds of tasks done - take care of them... you only have one pair.