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The MELT Method (Enhanced Edition) A Breakthrough Self-Treatment System to Eliminate Chronic Pain, Erase the Signs of Aging, and Feel Fantastic in Just 10 Minutes a Day! *HarperCollins* In this enhanced digital edition of **The MELT Method**, Sue Hitzmann shows you how to live without pain, illustrating her MELT techniques with 20 instructional videos plus 10 audio clips, so you can listen hands-free while you start your journey toward a pain-free body. In **The MELT Method**, therapist Sue Hitzmann offers a breakthrough self-treatment system to combat chronic pain and erase the effects of aging and active living—in as little as ten minutes a day. With a focus on the body's connective tissues and the role they play in pain, stress, weight gain, and overall health, Hitzmann's life-changing program features techniques that can be done in your own home. A nationally known manual therapist and educator, Hitzmann helps her clients find relief from pain and suffering by taking advantage of the body's natural restorative properties. **The MELT Method** shows you how to eliminate pain, no matter what the cause, and embrace a happier, healthier lifestyle.