



“Gift of Injury” 1-Page Cheat Sheet

Get Started

- [Buy the Book](#)
- [Claim Your FREE Bonuses](#)

While You Wait

- Watch: [3 Kinds of Stability](#)
- Try: [The McGill Big 3](#)
- Listen: Gift of Injury Interviews ([Part 1](#), [Part 2](#), [Part 3](#))

When it Arrives:

- Do the Self-Assessment (Chapter 9)
- Read pp.112-116

Questions?

- [Ask here](#). (in the comments)