



Preview for “Gift of Injury”

1-Sentence Summary

Gift of Injury shows you how to come back from your back injury with intelligent training, to develop a resilient back, so you can enjoy pain-free living.

Who’s it for?

- Got back pain & want to get rid of it?
- Had back pain & want to keep it at bay?
- No back pain yet, and want to keep it that way?

If you said, “Yes” to any of the above, then Gift of Injury is the best \$40 you can spend on your health.

What’s it about?

- How your good intentions may make your back worse instead of better
- The causes back pain, and how to avoid them
- How to self-assess and correct the causes of your back pain
- How to build resilience so you don’t ever have back problems again

Who are the Authors?

Dr. Stuart McGill - Retired professor of spine biomechanics who has written several books for clinicians (and now, the general public) on how to treat back pain and enhance performance.

He has helped severely injured athletes from the NFL, NHL, UFC, Olympics, etc. heal their backs, reduce their pain, and reclaim their lives.

Brian Carroll – Retired, elite, multiple world recording powerlifter. Brian is the case study for this book who puts the theory into practice. His journey shows how he went from daily, debilitating back pain with 2 broken vertebrae to getting his life back with the help of Dr. McGill.

Favorite Quotes

"...anything more than just basic health and fitness, is an absolute luxury and most certainly is NOT a right." (p.112)

"Tough men are built by encountering tough days. Soft lives and easy circumstances make soft men." (p.95)

"Being an elite athlete is not healthy." (p.144)

My Experience

Gift of Injury has helped me:

- Eliminate back pain while lifting (bench & deadlift)
- Improve my lifting technique (through greater core stability)

How?

- The exercise cues helped me improve my form
- The McGill Big 3 helped me improve core stability in EVERY workout
- The self-assessment showed me the optimal foot positioning for my squat

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Core Concepts

- Pain Corrupts
- “Don’t Treat the Test”
- The Mind MUST Change with the Body
- The 2-Stage Process for Removing Back Pain
- Change the Framing to Change the Outcome
- There’s No Substitute for a Good Coach

Teachable Techniques

- 5 Basic Strength Training Principles
- The 3 moves that create a "durable, healthy, desensitized spine"
- My favorite exercise that's too "hard" for most people to do consistently
- A warm-up protocol that will serve you well keep you safe & strong for life
- How "many strength athletes underestimate the importance of the neck, and suffer because of it."
- The move that allowed the 90 year old woman to avoid being put into a nursing home

Limit Slayer Mastery List

- ego (p.50)
- neural drive (pp.51, 55-56, 71, 130, 141)
- core stability & bracing (p.52, 120, 126, 130)
- mindful training (p.54, 71, 73, 139)
- strength wisdom (p.68)

Templates

"Time spent in assessment will save you time in training." -Vladimir Janda

- Self-testing for balance, motor control, strength, neural drive, stiffness and finely tuned mobility (chapter 9)
- Why "More is not better. 'Tuned' mobility, or sufficient mobility and stiffness, is the key to higher performance and injury resilience." -Stu (p.60)
- Intelligent rehab program design & tips for training while injured (pp.75-77)
- Detailed coaching cues for the powerlifts (pp.117-134)

FAQ

Q: Is there a book you recommend over this for back pain?

A: If you're a clinician, you may want to read Stu's other books. However, from what I've read of the reviews, most clinicians actually prefer this book.

Q: I'm a young buck with no pain. Should I get this now or when I'm in pain?

A: Don't wait. This is a book I wish I had when I started training a decade ago. It would have spared me 6 months of walking like a pirate due to a stability injury (not fun) and I've no doubt I'd be stronger today.

It could spare you YEARS of unnecessary pain and rehab.

PLUS, the coaching cues section alone is worth the price of the book. So pain or not, if you're lifting for strength (or injury prevention), you should own a copy.

Q: Will the results last?

A: People get injured when they're ignorant, lazy, or extremely unlucky. This book will help with the ignorance part.

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For laziness – the trick is to make important behaviors into habits. Once they're habits, they're easy and automatic.

So get the book, habituate what's necessary to get/keep you pain-free... and look both ways when crossing the road.

Q: Is there an electronic version or just the paperback?

A: At the time of this writing, there is only a paperback. I ordered mine to South Korea. Muscle Russell ordered his to London. In both cases, it took less than 2 weeks to arrive. The sooner your order, the sooner you can begin.

Q: Isn't \$40 a bit expensive for a book?

A: If \$40 for a 3-year effort to combine ~60 years of expertise into a self-contained product that will help you get (and keep) your back pain-free for life seems expensive... then maybe it isn't for you.

What's Missing?

Not much. But I do have some special bonuses to add value and help you make the most of it. *(next page)*

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If you own a copy, go here to claim your FREE bonuses:

<https://limitslayer.com/bonuses/>

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- Got questions? [Ask here](#). *(in the comments)*



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