

# **A Guide To Living With Hypermobility Syndrome: Bending Without Breaking**

**By Isobel Knight**



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<https://uk.linkedin.com/pub/isobel-knight/38/3a7/a6b>

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Rosemary Gladstar is the best-selling author of Rosemary Gladstar's Herbal Recipes for Vibrant Health and Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide. <http://www.barnesandnoble.com/w/rosemary-gladstars-family-herbal-rosemary-gladstar/1113128901?ean=9781580174251>

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A Guide to Living with Hypermobility Syndrome: Bending Without Breaking (Paperback) By Isobel Knight, Alan J. Hakim (Foreword by) <http://www.bookendsandbeginnings.com/book/9781848190689>

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Isobel Knight is the author of A Guide to Living With Hypermobility Syndrome Syndrome: Bending without Breaking 3.98 of 5 by Isobel Knight,

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<https://caet.ca/wp-content/uploads/2015/02/caet-guide-to-living-with-urostomy.pdf>

Isobel Knight is a writer, researcher and periodic lecturer on Ehlers Danlos Syndrome (Hypermobility Type). She is also a practising Bowen Therapist.

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