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A "Bulletproof shoulder" is a shoulder that is pain-free and resistant to injury - and you can have one too - Bulletproof Your Shoulder will show you how. In less than 100 pages, readers will learn about the Bulletproof Shoulder Program - a series of simple and powerful exercises you do at home or in the gym, that take a few minutes a day to do - yet create powerful changes in your shoulder ...

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Bulletproof Your Shoulder by Jim Johnson, PT - Dog Ear

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Mystery solved!! I purchased the book, Bulletproof Your Shoulder, which was written by Jim Johnson. I have several of his books, but this one was recently released. He is a physical therapist that does his research, and I highly recommend his latest book.

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