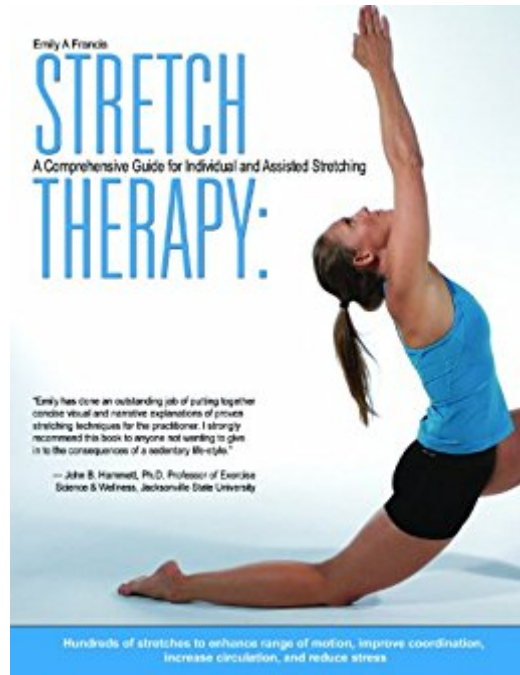




The book was found

Stretch Therapy



Synopsis

We need a way to simplify our stretching habits. This book does that for you. Unlike most stretching books, Stretch Therapy covers stretching on your own as well as with a partner. The text combined with photos illustrates the stretches in every way possible to make it more accessible to every person in daily life. The stretches in this book are broken down by each body part which makes it easy to use and to find what you need in a given time. The spectrum from basic to advanced stretches are offered for the home, the office, pre and post workout, for the compromised individual and partner stretching as well. It even offers stretching routines to make it easier for you! No matter where you are on your own path to health and wellness this book can help guide you along your way.

Book Information

File Size: 17934 KB

Print Length: 200 pages

Publisher: Blue River Press; 1 edition (January 1, 2013)

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Sold by:Â Digital Services LLC

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X-Ray: Not Enabled

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Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #421,975 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #93

inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching #463 inÂ Books > Medical

Books > Medicine > Internal Medicine > Physical Medicine & Rehabilitation #987 inÂ Books >

Medical Books > Allied Health Professions > Physical Therapy

Customer Reviews

I was looking for a good stretching book that could teach me how to stretch myself correctly as well as partner stretching. This book has it ALL! The pictures show you precisely and beautifully what needs to be done and the narrative explains it in perfect detail. Stretch Therapy should be on every

physician's, massage therapist's, sports trainer's and lay person's shelf. An absolute MUST-HAVE if you want to stay healthy and remain flexible throughout life.

Awesome book. Fabulous pictures. Easy and clear illustrations, and descriptions to follow. I recommend this book to everyone of all ages.

This book has a lot of information and different methods of stretching. Good diagrams and it's better than I expected. Love it!

Good

This is a great picture filled guide that is suitable for the person new to stretching or a former athlete like myself that needed reminders of proper technique. I highly recommend it.

This is unique, other books don't teach you how to breath properly as this one does. Excellent. High quality paper, and color photo.

I love this book! The author really took the time to put plenty of pictures in to coordinate with the instructions. Very easy to understand!

Good stretches and well laid out

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