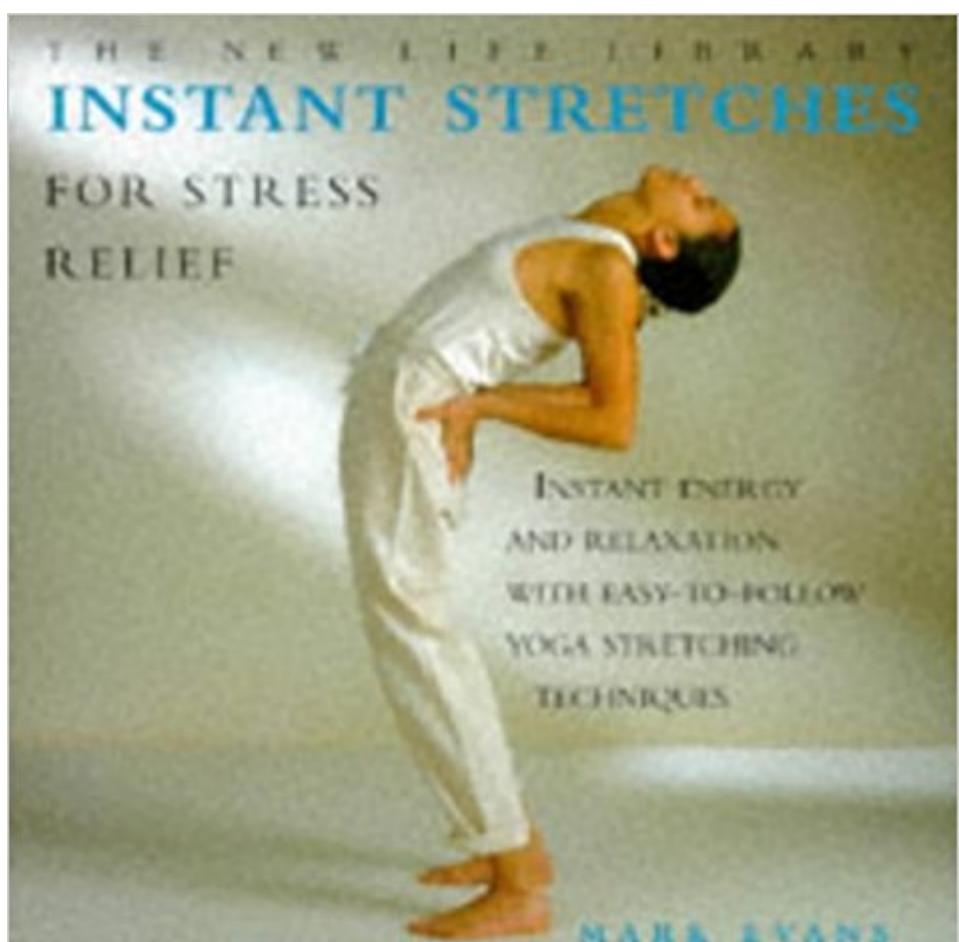


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# Instant Stretches (The New Life Library Series)



## Synopsis

Four books on alternative therapies for the modern way of life.

## Book Information

Series: The New Life Library Series

Hardcover: 64 pages

Publisher: Lorenz Books; First Edition edition (September 1998)

Language: English

ISBN-10: 1859672949

ISBN-13: 978-1859672945

Product Dimensions: 0.5 x 8.2 x 8.2 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 4 customer reviews

Best Sellers Rank: #687,573 in Books (See Top 100 in Books) #90 in Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching #1595 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

## Customer Reviews

Very pleased with this purchase. There is a good variety of stretches illustrated and explained in this book and I think it is suitable for all ages and abilities. You can pick and choose stretches you are comfortable with and it even has a few examples of simple stretches you can do at your desk while at work. It's a keeper!

Being in the market for information that this book had to offer and at a great price, I thought what the heck, it was rated as in good condition so why not? Low and behold I was surprised to find that it was in perfect condition. I would not have hesitated to give it as a gift except that I needed the information for myself. From now on my orders will be made here. Thank you !

We can't escape stress, but we can keep it from getting us down. This handy book shows how to relax through stretching movements in order to relieve stress and gain energy and flexibility. This book is an Easy to Follow Step-by-step Guide, filled with photographs that describe and illustrate each step. The stretches are distributed in 17 chapters, grouped by the stretch intended function. A must have for anyone and everyone interested in healthy living. Also if you are already training for general fitness or for sports, stretching will help you warm, cool down and keep injury free.

This book is awesome! It has all kinds of good stretches, and not just for working out. There are stretches you can use while traveling, at work, and to wind down at the end of the day. It's one of the few books that I keep within reach at all times.

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