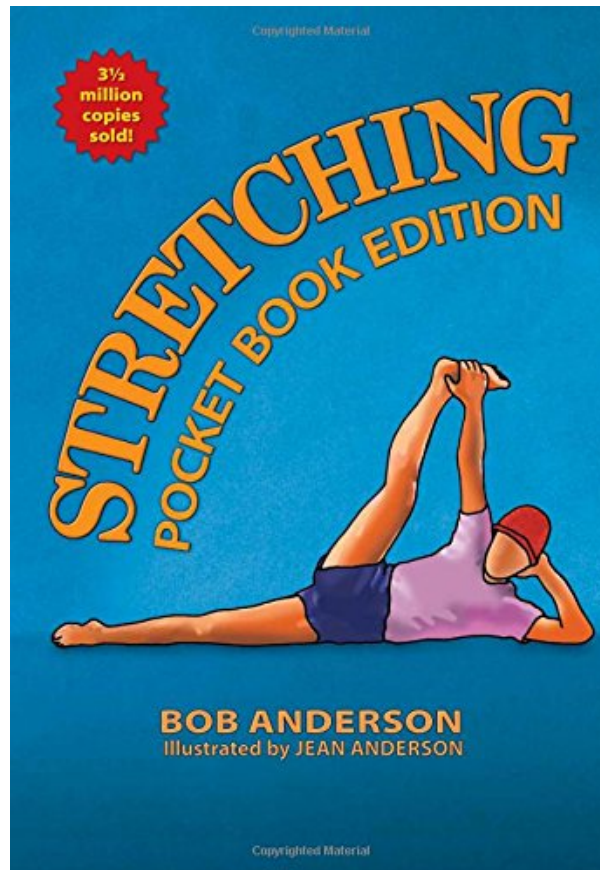
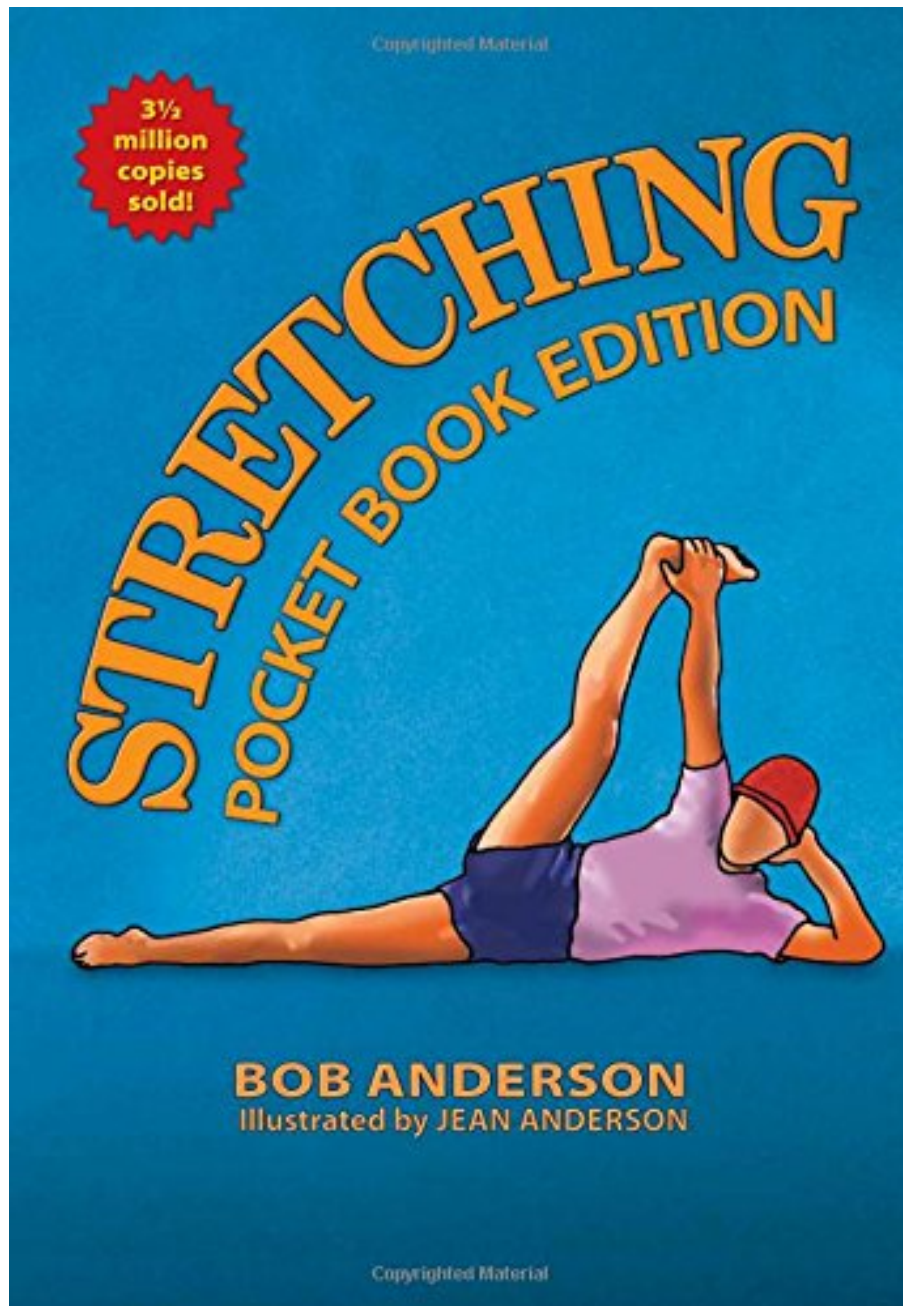


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". . . a bible of the stretching gospel." — The Washington Post

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## About the Author

Bob Anderson has taught stretching for over 30 years. Jean Anderson developed the art technique used to illustrate the book.

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There are two main sections: "The Stretches," with bulleted instructions for each stretch; and "The Routines," for everyday activities, for the office, for sports, and for specific body parts, with page number references to the instructions for each stretch. The main part of the book is identical to the original. Stretching is a gentle, simple activity that can be done by anyone, anywhere, at any time.

- Sales Rank: #48075 in Books
- Published on: 2015-05-05
- Original language: English
- Number of items: 1
- Dimensions: 7.10" h x .70" w x 5.00" l, .0 pounds
- Binding: Paperback
- 224 pages

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## Most helpful customer reviews

3 of 3 people found the following review helpful.

The larger versions "Mini~Me"!==>Physical Therapist Approved!

By VW Bug

- 1.Pocket Stretching Book is a perfect size for my gym bag. I put it in a zip lock bag to keep it nice.
- 2.My brother is a Chiropractor and he gave me the larger version over twenty years ago.
- 3.I used it so much, that years later I had to take it to an office supply store to have them hole punch and add a plastic binder down the spine of the book. I actually liked it better because it laid out flat.
- 4.My Physical Therapist was very impressed with this book and its size.
- 5.She was able to tag the stretches that were perfect for my situation/injury.
- 6.Thank you Bob Anderson for your simple to follow stretching books!

2 of 2 people found the following review helpful.

Perfect!

By SportyTracy

5/26/16

Fast shipping, nothing damaged.

Great great book for me. I recently started doing yoga and come to find out I'm not all as flexible as I thought when doing some poses.

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Great book, exactly what I was looking for. I love the compact size- I can keep it in my medical bag and whip it out to show patients stretches whenever I need to.

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