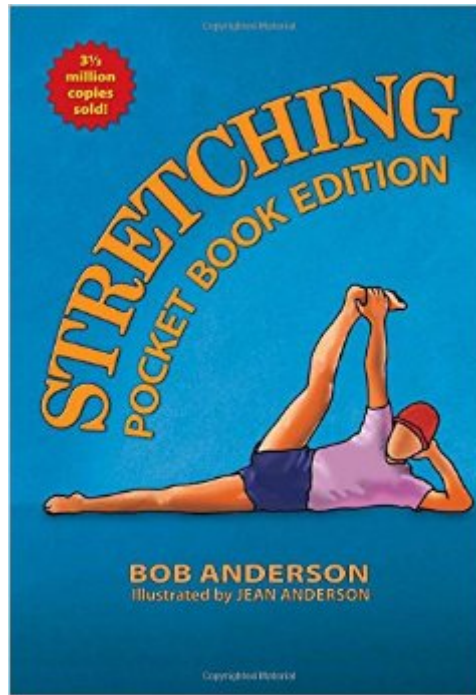


The book was found

Stretching: Pocket Book Edition



Synopsis

Stretching has been selling steadily for over 30 years. The genius in the book is the use of clear line drawings to which readers relate (as opposed to photos). 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.

Book Information

Paperback: 224 pages

Publisher: Shelter Publications; 1 Poc edition (May 5, 2015)

Language: English

ISBN-10: 0936070641

ISBN-13: 978-0936070643

Product Dimensions: 5 x 0.7 x 7.1 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (15 customer reviews)

Best Sellers Rank: #61,448 in Books (See Top 100 in Books) #25 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching](#)

Customer Reviews

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!

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. I got this to help with my flexibility and stretching. Great for me. I would buy again.

It is not difficult to understand why this has a cult following. This book packs a whole lot of

information and easy-to-follow diagrams on just about every stretch you could imagine. Very useful and user-friendly.

I bought the original book years ago for various sports stretches. This book updates that version in an easy to use condensed form that fits nicely on a coffee table without taking up too much space.

Excellent book. Easy to use and a convenient size. I can just toss it into my gym bag and carry it with me. The illustrations make it easy to see which muscles are involved in the stretches. I ended up giving the book to my trainer as a gift as he is really helpful and kind. I'm planning to buy another one for me!

Love that this is like the main book but in a compact version so I can take it with me when I travel. Before I found this, I would copy pages from the main book and shove them in my suitcase. It contains all the stretching reminders I need to help keep my aching low back, neck, and sciatica from flaring up too badly.

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.

A bit larger than I'd expected, but a wonderful book, nonetheless.

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