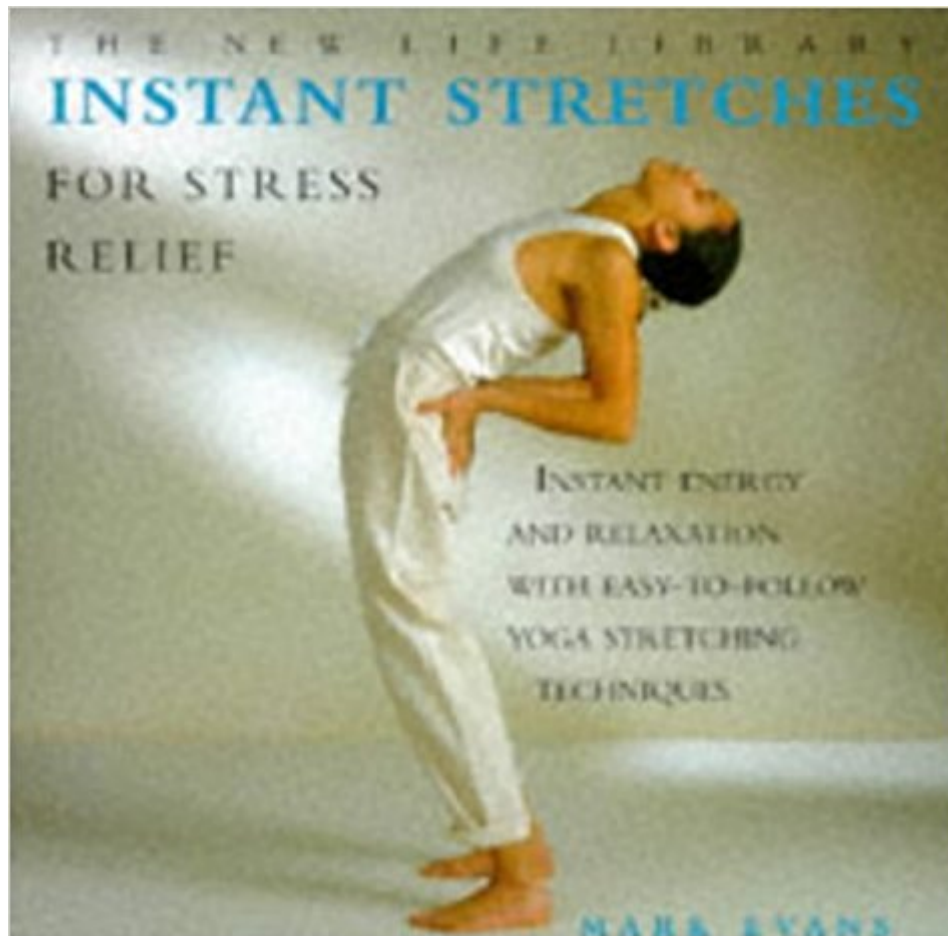




Ebook Directory
the best source of ebook

The book was found

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, full 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.

[Download to continue reading...](#)

Instant Pot: 365 Days of Instant Pot Recipes (Instant Pot Cookbook, Instant Pot Slow Cooker, Instant Pot Book, Crock Pot, Instant Pot, Electric Pressure ... Vegan, Paleo, Breakfast, Lunch, Dinner) Instant Pot Cookbook: 500 Instant Pot Recipes Cookbook for Smart People (Instant Pot, Instant Pot Recipes, Instant Pot Recipes Cookbook, Instant Pot Electric Pressure Cooker Cookbook) Instant Pot Cookbook: Top 10 Electric Pressure Cooker Recipes: Instant Pot, Instant Pot Cookbook, Instant Pot Recipes : The Best Instant Pot Cookbook for ... cooker, electric pressure cooker recipes) Instant Pot Cookbook: 30 Top Vegan Recipes for Instant Pot Pressure Cooker: Cook Healthier And Faster (Instant Pot Cookbook Paleo, Instant Pot Weight Loss ... Instant Pot Chicken Recipes, Slow Cooker 5) Instant Pot: The AMAZING Pocket Cookbook for Instant Pot Cooking (1,500 Bonus Recipes! Instant Pot, Instant Pot Recipes, Instant Pot Cookbook, Pressure Cooker Recipes, Pressure Cooker Cookbook) The Ultimate Vegan Instant Pot Cookbook: Tasty & Healthy Vegan Instant Pot Recipes for Everyone (Vegan Instant Pot Recipes Cookbook, Vegan Instant Pot Cooking, Vegan Instant Pot for Two) One Hundred Stretches: Head to Toe Stretches for Exercises & Sports Instant Stretches (The New Life Library Series) Instant Pot Cookbook: Healthy and Tasty Vegan Instant Pot Recipes for Electric Pressure Cooker! (Instant Pot Recipes - Instant Pot® Electric Pressure Cooker) Instant Pot: 23 Real Ketogenic Diet Recipes For Electrical Pressure Cooker: (Instant Pot Cookbook 101, Instant Pot Quick And Easy, Instant Pot Recipes) Instant Pot Electric Pressure Cookbook: Incredibly Easy & Healthy Mouthwatering Instant Pot Recipes For Quick Scrumptious Meals (Instant Pot, Instant Pot Cookbook, Electric Pressure Cooker, Paleo) Instant Pot Cookbook: Chef Approved Instant Pot Recipes Made For Your Instant Pot â “ Cook More In Less Time (Instant Pot Pressure Cooker Recipes Cookbook) INSTANT POT: 2,500 Instant Pot Pressure Cooker and Slow Cooker Recipes Cookbook (Instant Pot, Instant Pot Recipes, Crockpot Cookbook, Slow Cooker Recipes, ... Pot Dump Meals, Crock Pot Freezer Meals) Vegan Instant Pot Cookbook: 60 Amazing Instant Pot Recipes for Everyday Cooking (Vegan Instant Pot Cookbook for Two, Vegan Instant Pot Recipes, Vegan Pressure Cooker Cookbook) Instant Pot Cookbook: 101 Healthy and Easy Instant Pot Recipes For Your Pressure Cooker (Instant Pot Cookbook, Pressure Cooker Recipes Book, Vegan Instant Pot Cookbook) Instant Pot Cookbook: Easy and Healthy Instant Pot Recipes. The Ultimate Instant Pot Pressure Cooker

Cookbook Instant Pot Cookbook: The Quick and Easy Instant Pot Recipe Guide For Smart People
â “ Delicious Recipes For Your Whole Family (Instant Pot Recipes) Instant Pot Cookbook: Quick
And Easy Recipes For Your Instant Pot Electric Pressure Cooker (instant pot recipes) Instant Pot
Recipes: The Instant Pot Cookbook With Delicious Instant Pot Pressure Cooker Recipes (Electric
Pressure Cooker Cookbook 1) Instant Keto Cookbook: 40 Instant Pot Ketogenic Diet Recipes for
Breakfast, Lunch, Dinner & Snacks (FREE Instant Pot Keto Desserts Bonus Inside)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)