



Stretch Therapy: A Comprehensive Guide to Individual and Assisted Stretching

Emily Francis

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- 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.

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