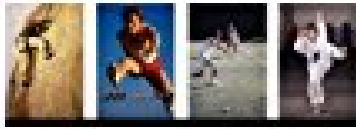
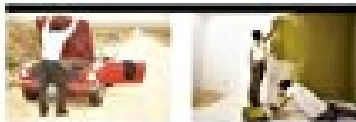


# Stretching Smarter Stretching Healthier

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STRETCHING SMARTER  
STRETCHING HEALTHIER



JOLIE BOOKSPAN, PH.D.

## BOOK DETAILS

- Author : Jolie Bookspan
- Pages : 110 Pages
- Publisher : Neck and Back Pain Sports Medicine
- Language : English
- ISBN : 0972121463

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## BOOK SYNOPSIS

Fun, easy to read, brimming with immediately helpful techniques to increase flexibility and mobility in daily life, and stop injuries from bad stretching and movement habits. Nearly 200 humorous drawings guide you step-by-step to avoid common pitfalls and learn innovative stretching techniques. 108 pages. 8.25 x 11." By sports medicine specialist Dr. Jolie Bookspan, named "St. Jude of the Joints" by Harvard Medical School clinicians.

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