



# The Modern Book of Stretching: Strength and Flexibility at Any Age

*Anne Kent Rush*

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Stretching is essential to maintaining physical health and well-being. It not only tones and strengthens the body but also gives you smoother, stronger movement, improves circulation, and is a great aid in reducing stress. *The Modern Book of Stretching*, strikingly illustrated with stunning black-and-white photographs, demonstrates how to use stretching to achieve a more relaxed, limber body and spirit.

Anne Kent Rush has drawn on her extensive experience in yoga, preventive health, and body therapy to create a comprehensive, attractive guide that offers both verbal and visual instruction. Her exercises, which may be done alone or in tandem with a partner, can bring about amazing improvements in balance, coordination, and muscle tone--and, most importantly, your state of mind.

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