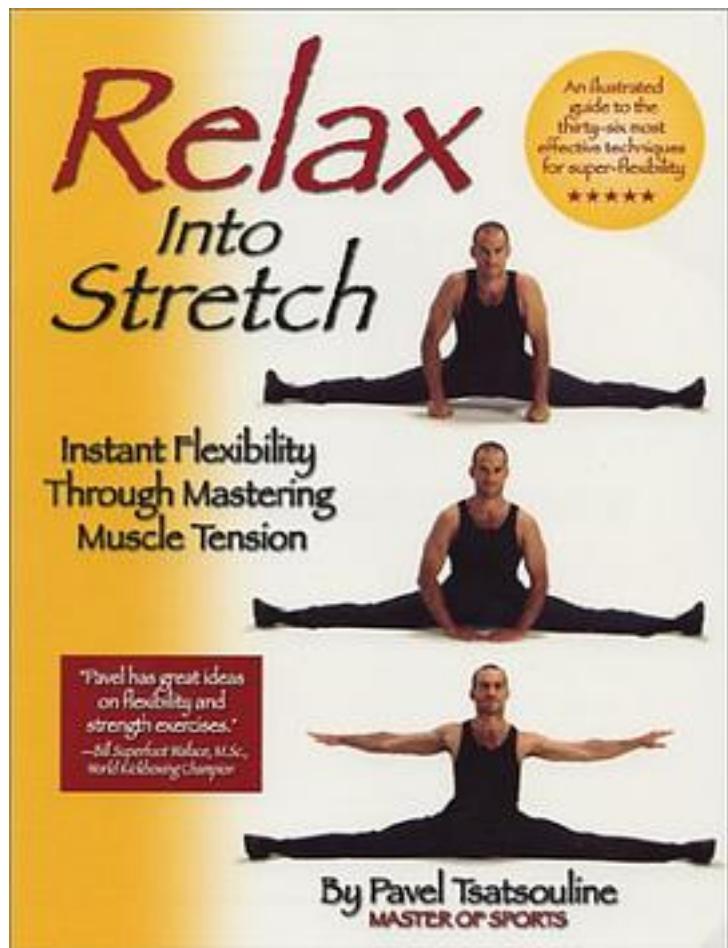


# Relax into Stretch



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Features: Own an illustrated guide to the thirty-six most effective techniques for super-flexibility; How the secret of mastering your emotions can add immediate inches to your stretch; How to wait out your tension the surprising key to greater mobility and

a better stretch; How to fool your reflexes into giving you all the stretch you want; Why contract-relax stretching is 267% more effective than conventional relaxed stretching; How to breathe your way to greater flexibility; Using the Russian technique of Forced Relaxation as your ultimate stretching weapon; How to stretch when injured faster, safer ways to heal; Young, old, male, female learn what stretches are best for you and what stretches to avoid; Why excessive flexibility can be detrimental to athletic performance and how to determine your real flexibility needs; Plateau-busting strategies for the chronically inflexible.

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