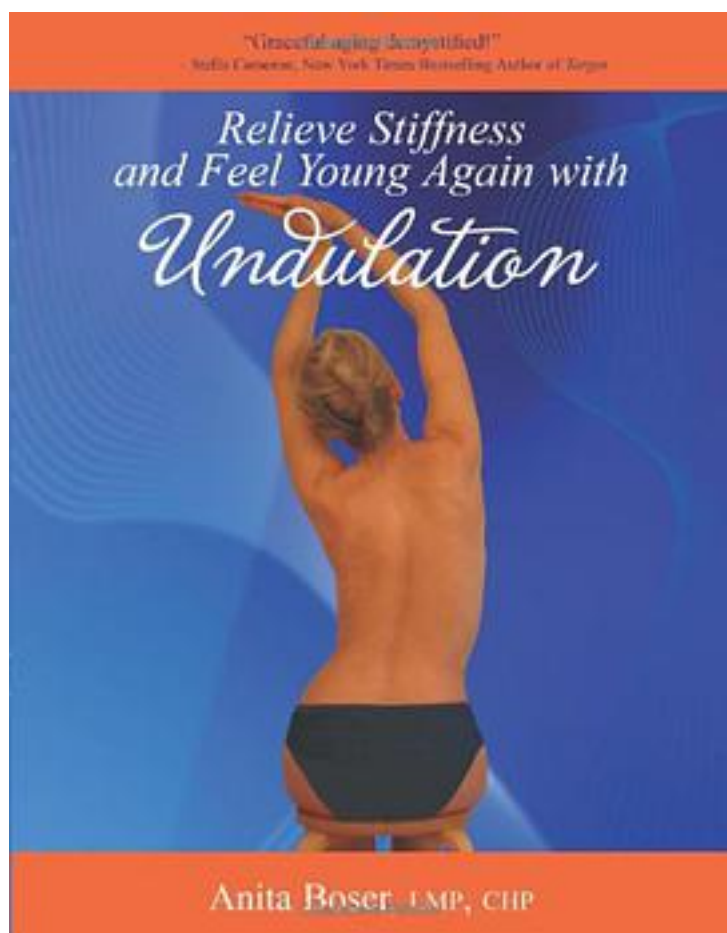


Relieve Stiffness and Feel Young Again with Undulation



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著者:Boser, Anita

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Whether you're 16, 36 or 65, an athlete or a couch potato, coordinated or a klutz, "Relieve Stiffness and Feel Young Again with Undulation" shows how just 10 minutes a

day can make a difference in how you feel. Anita Boser provides easy-to-follow guidelines and photographs for 52 simple exercises that will allow you to move more comfortably. Try a different exercise every week and in 12 months, you're sure to feel better. Wherever you ache, undulation will provide relief--naturally, without medication, without equipment, without expense.

作者介绍:

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