



Stretching: Pocket Book Edition

Bob Anderson

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Stretching has been selling steadily for over 30 years. The genius in the book is the use of clear line drawings to which readers relate (as opposed to photos).

There are two main sections: "The Stretches," with bulleted instructions for each stretch; and "The Routines," for everyday activities, for the office, for sports, and for specific body parts, with page number references to the instructions for each stretch. The main part of the book is identical to the original.

Stretching is a gentle, simple activity that can be done by anyone, anywhere, at any time.

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