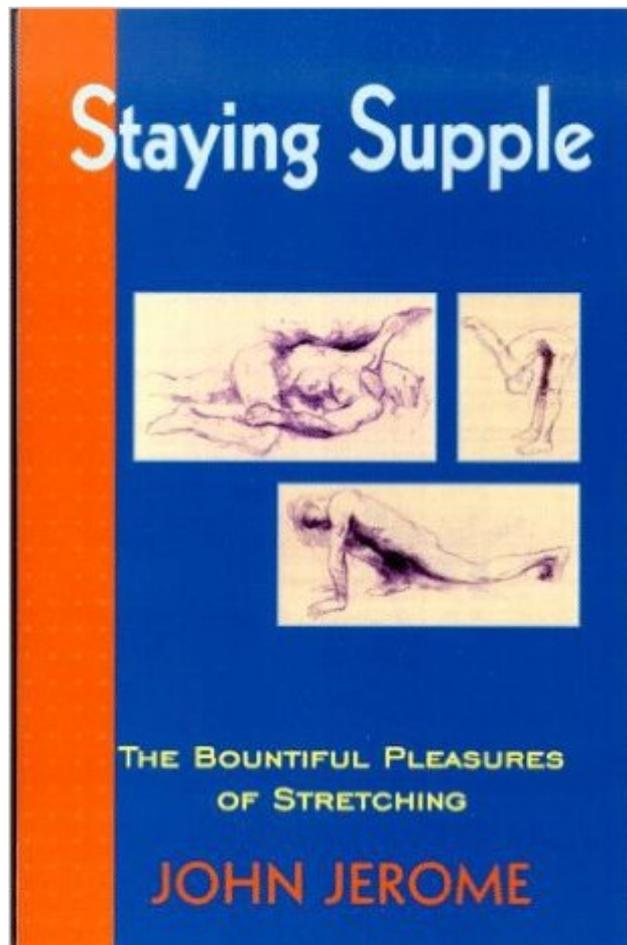


The book was found

# Staying Supple: The Bountiful Pleasures Of Stretching



## Synopsis

The intelligent athlete's (or nonathlete's) stretching book--the foundation of a healthy life.

## Book Information

Paperback: 160 pages

Publisher: Breakaway Books; Reprint edition (January 1, 1999)

Language: English

ISBN-10: 1891369032

ISBN-13: 978-1891369032

Product Dimensions: 5.5 x 0.4 x 8.5 inches

Shipping Weight: 7 ounces

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (4 customer reviews)

Best Sellers Rank: #1,056,323 in Books (See Top 100 in Books) #115 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching](#) #1391 in [Books > Sports & Outdoors > Coaching > Training & Conditioning](#)

## Customer Reviews

This is a fantastic book. It's very readable, relatively short, physically small and attractive, and it provides a uniquely sensible point of view on stretching. The truth about any kind of exercise, and you'll hardly ever hear anyone say this, is that it's fun. If it's NOT fun, you're screwed. You either won't do it, or you will suffer when you do, or some combination of the two; so you have to find a balance of exercises that you can enjoy doing, that will bring you the benefits you want. Maybe you just don't like barbell squats, so you do deadlifts and bodyweight squats. Maybe you can't stand treadmills and elliptical trainers, but you can't run because of some joint problem, so you learn how to speedwalk for your cardio fitness. This book addresses how to work that out for yourself, in the realm of flexibility. There's a lot of good scientific and medical information too, in a very digestible form, but the book is basically aimed at the experience of stretching, how to do it in a way that's natural, safe and enjoyable. Whatever you want to accomplish with exercise, some kind of stretching or flexibility training has to be part of it. Jerome points out that stretching is part of living, even if you don't exercise. You get up from your desk, or out of the car, and you stretch, right? So the book is outstanding for giving you the proper perspective on stretching, and I highly recommend it-- but for me there's a glitch when it comes to actually applying it. Here's the problem I have with it: there's just one chapter (out of 10) and about 30 illustrations of actual stretches. That's OK in itself. Then, the illustrations are vague, sort of blurry drawings.

[Download to continue reading...](#)

Staying Supple: The Bountiful Pleasures of Stretching Stretching for Stiffies: A Full Body Pilates Reformer Stretching Routine for Every Body Back Stretching - Back Strengthening And Stretching Exercises For Everyone RUNNING: STRETCHING: Pre and Post Running Stretching Exercises (Flexibility, Warm Ups, Cool Downs, Fitness, Strength) Staying in Love Participant's Guide: Falling in Love Is Easy, Staying in Love Requires a Plan Becoming a Supple Leopard 2nd Edition: The Ultimate Guide to Resolving Pain, Preventing Injury, and Optimizing Athletic Performance The Wrinkle Cure: Unlock the Power of Cosmeceuticals for Supple, Youthful Skin Becoming a Supple Leopard: The Ultimate Guide to Resolving Pain, Preventing Injury, and Optimizing Athletic Performance Bountiful Blooms: Preserving Flowers With Colour (Milner Craft Series) Breakfast: Meals, Dining, Bountiful Breakfast Cookbook - 90 All-Time Classic, Amazingly Easy, Incredibly Delicious, Quick-To-Make Breakfast Recipes Fit ... The Whole Family (Cookbooks Best Sellers 3) Lasagna Gardening: A New Layering System for Bountiful Gardens: No Digging, No Tilling, No Weeding, No Kidding! The Edible Landscape: Creating a Beautiful and Bountiful Garden with Vegetables, Fruits and Flowers The Edible Front Yard: The Mow-Less, Grow-More Plan for a Beautiful, Bountiful Garden Bountiful, Beautiful, Blissful: Experience the Natural Power of Pregnancy and Birth with Kundalini Yoga and Meditation Road to Bountiful Sake: Discover the Culinary Pleasures of Sake's Long Relationship With Japanese Cuisine Pleasures of the Vietnamese Table: Recipes and Reminiscences from Vietnam's Best Market Kitchens, Street Cafes, and Home Cooks The Pleasures of Antiquity: British Collections of Greece of Rome (The Paul Mellon Centre for Studies in British Art) Tasting Whiskey: An Insider's Guide to the Unique Pleasures of the World's Finest Spirits From your heart to your home: Embrace simple pleasures, sweet comforts, awaken your creativity and satisfy your longing for home Revised

[Dmca](#)