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The Way of Stretching: Flexibility for Body and Mind (Paperback)

By Anne Kent Rush

Little, Brown Company, United States, 2005. Paperback. Condition: New. Language: English . Brand New Book. Working from the assumption that balancing mind, body and spirit is the key to physical and mental ease and reduction of stress, Rush combines three approaches for complete flexibility: exercises for toning the body, breathing techniques for energy and meditation and visualisation techniques for mental development. Using ideas from many different traditions such as T ai Chi, Chinese medicine, Aikido, Zen, Yoga and massage plus 30 years experience of teaching and writing about preventive health care, Rush distills the vital elements of each into clear, expert advice. Rush addresses the common concerns of those such as athletes with dodgy knees, workers who spend too long at the keyboard and the stiffness often experienced by the elderly. She covers injury prevention, maintaining tone and injury healing as well as the development of flexible energy. This is a unique, innovative and pleasurable solution to everyday aches, decreased athletic abilities, loss of flexibility associated with ageing and mental stress.


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