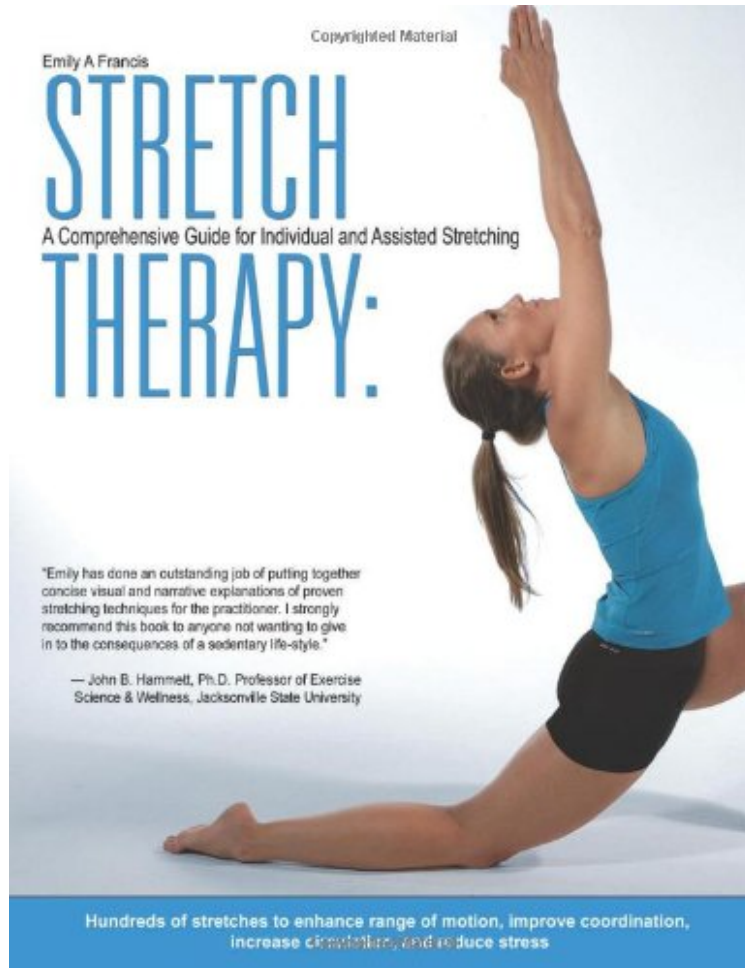


Stretch Therapy: A Comprehensive Guide to Individual and Assisted Stretching

Emily Francis

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Emily Francis : Stretch Therapy: A Comprehensive Guide to Individual and Assisted Stretching before purchasing it in order to gauge whether or not it would be worth my time, and all praised Stretch Therapy: A Comprehensive Guide to Individual and Assisted Stretching:

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- We need a way to simplify our stretching habits. This book does that for you. Unlike most stretching books, Stretch Therapy covers stretching on your own as well as with a partner. The text combined with photos illustrates the stretches in every way possible to make it more accessible to every person in daily life. The stretches in this book are broken down by each body part which makes it easy to use and to find what you need in a given time. The spectrum from basic to advanced stretches are offered for the home, the office, pre and post workout, for the compromised individual and partner stretching as well. It even offers stretching routines to make it easier for you! No matter where you are on your own path to health and wellness this book can help guide you along your way.

About the Author Emily holds a BS in Exercise Science and Wellness with a Minor in Nutrition from Jacksonville State University where she was a collegiate cheerleader. She is a graduate of the Atlanta School of Massage in both Clinical and Neuromuscular therapy. From there she went on to become highly specialized in Manual Lymphatic Drainage and Combined Decongestive Therapy from the Dr. Vodder School International working with people with lymphedema as well as post cancer/surgery. She is also trained as a Universal Yoga Instructor in Sivananda Yoga (300 hours) and is a Continuing Education Provider for the NCBTMB (National Certification Board in Therapeutic Massage and Body Work). Along with this she has additional specialty training in kinesiotaping as well as being a certified Pediatric Massage Therapist. Through Emily's career she has had the privilege of working with people of all shapes and sizes including world famous athletes and globally known musicians. Besides Emily's knowledge of stretching, she was a gymnast (starting at the age of 3), a collegiate cheerleader, a martial arts practitioner, and a yoga teacher/student of 15 years. While practicing martial arts, she won the gold medal in Tai Chi Form during the US Open in 2001. She is also the author of the book A Leg Up! On Lymphedema with her long time client and friend Courtney Day as well as the book From Fear To Faith. She has written articles for various magazines, and speaks regularly around the Atlanta and surrounding areas.