Are you one of those people that wants to feel better physically, but doesn't like the notion of having to run a marathon every day to achieve it? Well, a little can go a long way...

This book reminds of Yoga, which is a pretty cool thing. Many of the moves, and indeed principles, contained within this book have a Yogish – if that's actually a word – feel. Yet despite this, Soft Exercise is one of those books that manages to divulge a lot without confusing the reader. It explains the philosophy behind the science of stretching; 'after all' the authors argue, 'a balanced body leads to a happy whole'.

At around 150 pages, divided into 12 chapters of varying length, the book opens by selling the many advantages of regular stretching in everyday life. The introductory section lists the benefits of stretching for the various systems of the body, nervous, respiratory and so on, before things move on to offer an insight into the nitty gritty of stretching and strains, and how we wear our bodies out in everyday life without realising. The main body of the text then sees the authors move onto the collection of stretches themselves, a comprehensive list covering the whole body. Throughout, the style of writing is flowing and informative (but by no means overwhelming), and it's supported by a great many illustrations covering the human anatomy/physiology, along with diagrams demonstrating how to safely carry out each and every exercise. Towards the end of the book, Candy Amsden's comprehensive illustrations are used to an even greater level, offering the reader a list of bespoke stretches for sports people. Each list – and there are a good few - is specific to a particular sporting activity.

Ultimately, then, I think this book does have a great deal to offer. It discusses in detail the natural order of the body, how everyday life disrupts that order, and how just a few simple stretching exercises can normally put things right. Moreover, and in keeping with its philosophical approach, the text plods on at a nice comfortable pace, and can easily be read in one very pleasant sitting. An all-round good read.

9 sausages out of 10

RW May 2014
The Stretching Exercises Bible is more than your typical book of static stretching exercises. Rather, it is a complete flexibility training guide which will help you increase your strength, stamina and energy levels easily and naturally. The truth is that you could look and feel a million times better now if you only knew how to stretch properly. Soft Training. In these stressful days of limited time and crowded spaces, the mainstream notions of working out tend toward the belief that if we are going to set aside time to work out, it needs to be hard and vigorous. No pain, no gain is an old cliché, but many... The Complete Book Of Static Stretching, Dynamic Stretching, Joint Loosening, Deep Breathing and Energy Exercises. Published by David Nordmark at Smashwords. Dahn Yoga Basics: A Complete Guide to the Meridian Stretching, Breathing Exercises, Energy Work, Relaxation, and Meditation Techniques of Dahn Yoga. 131 Pages...2009Â·2.79 MBÂ·8,385 DownloadsÂ·New! the fundamentals of Dahn Yoga practice: Meridian Stretching, Jung-choong Breathing, DahnMuDo, and Dahn meditatio ...Â Stretching and Flexibility Secrets To Help Unlock Your Bodyâ€”Be More Mobile, More Athletic, More NASM's essentials of corrective exercise training. 433 PagesÂ·2010Â·17.05 MBÂ·9,235 DownloadsÂ·New!Â AMPLIFY YOUR STRETCHES AND EXERCISES USING THE FOAM ROLLEROnce used exclusively in physical therapy Foam Roller Workbook, 2nd Edition: A Step-by-Step Guide to Stretching, Strengthening and Rehabilitative Techniques. Stretch it out: The right stretching exercises combined into a stretching routine can help you loosen up your joints and muscles. Complete these quick, easy stretches in just a few minutes for a good stretch youâ€™ll thank yourself for later.Â 14 Grilling Hacks That Will Make You Look Like a Pro. Satisfy your cravings for restaurant-quality steak from the comfort of your own backyard using these genius grilling tricks. Recipes. Real Simple Cooking School.