



# Stretching, 20th Anniversary Revised Edition

*Bob Anderson*

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# Stretching, 20th Anniversary Revised Edition

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## **Stretching, 20th Anniversary Revised Edition** Bob Anderson

The book **Stretching** was first published in 1975 when fitness awareness was in its infancy. **Stretching** has since sold over two million copies in the USA and has been published in 24 foreign editions worldwide. Now after twenty-one years and with many other books on the market, it has become the most widely-used and recommended book on stretching and its popularity continues to grow each year. The reasons for this may be the book's simple, user-friendly organization, the easy to follow individual stretches and principles, the ample line drawings by Jean Anderson, and the need for every body to stretch.

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