



Joy and Comfort Through Stretching/Relaxing

Ursula Casper

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Joy and Comfort Through Stretching/Relaxing Ursula Casper

This book, which combines clear and direct text with many illustrations, will teach you how to relieve aching and tired muscles, to learn to relax and relieve tension, and to use your body and mind in many ways that will make you feel better physically, mentally, and spiritually.

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