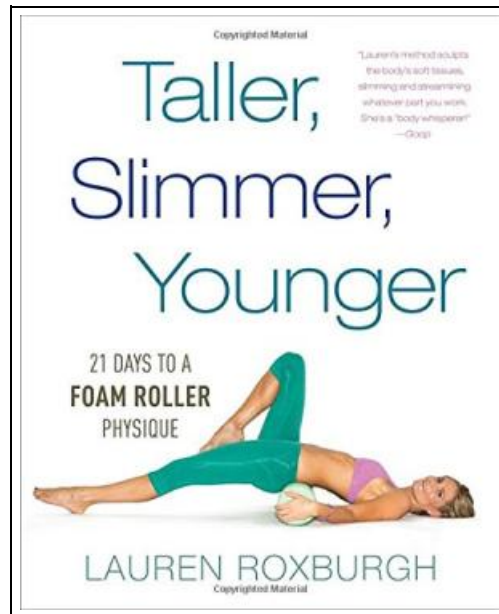


## Taller, Slimmer, Younger: 21 Days to a Foam Roller Physique (Paperback)



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## TALLER, SLIMMER, YOUNGER: 21 DAYS TO A FOAM ROLLER PHYSIQUE (PAPERBACK)



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Random House USA Inc, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book. From the A-list bodyworker, trainer, and alignment expert dubbed the body whisperer by Goop comes Taller, Slimmer, Younger--a powerfully simple daily foam roller routine to help you sculpt longer, leaner muscles, stand an inch taller, look ten pounds slimmer, and renew your body and mind. Are you ready to roll? ALIGN YOUR BODY, ALIGN YOUR LIFE There s a new buzzword in the fitness world: fascia. It s the connective tissue that wraps around your muscles and organs and helps keep everything in place. But in our increasingly busy and often stressful lives, tension and toxins are often stored within our fascia, resulting in serious long-term consequences including poor posture, excess weight, acute anxiety, and chronic pain. Fitness and alignment expert Lauren Roxburgh--who has worked with such stars as Gwyneth Paltrow, Gabby Reece, Melissa Rauch, and Baron Davis--has the solution to keep your fascia supple, flexible, and strong. Using only a foam roller, you can reshape and elongate your muscles for a leaner, younger look, while also releasing tension, breaking up scar tissue, and ridding yourself of toxins. In just fifteen minutes a day, Roxburgh s 21-day program will guide you through a simple series of unique rolling techniques that target ten primary areas of the body, including the shoulders, chest, arms, legs, hips, butt, back, and stomach. The result is a healthy, balanced, aligned body that not only looks but feels fantastic. Advance praise for Taller, Slimmer, Younger As an athlete with a lifelong passion for fitness and wellness, I am always looking to get an edge in my body, and Lauren Roxburgh has helped me do just that. Lauren s philosophy will rejuvenate your body and spirit, helping you look and feel...



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