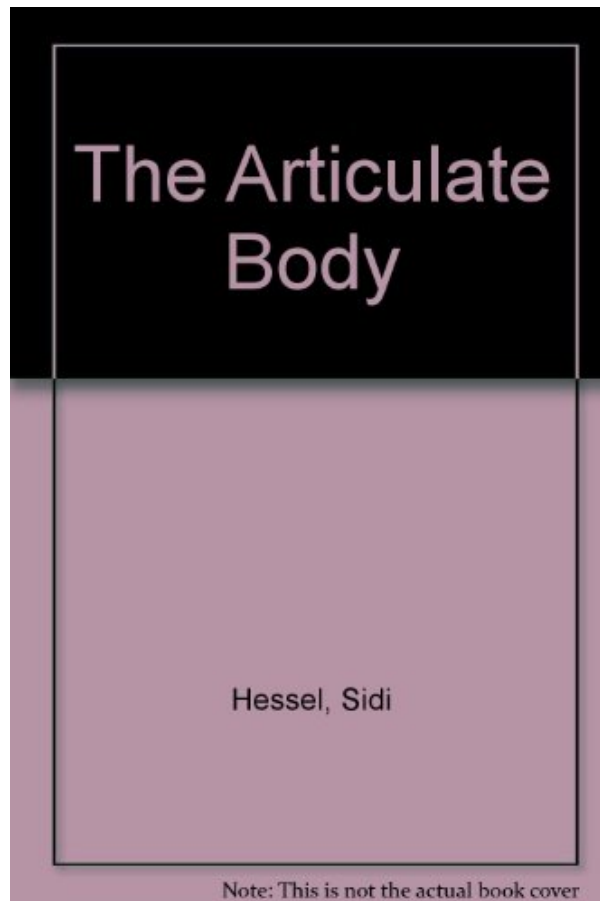


THE ARTICULATE BODY BY SIDI HESSEL



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The Articulate Body is a unique body improvement program for women of all ages. Following the techniques in this 3-part program for as little as 15 minutes a day helps women feel refreshed; their figures improve in a remarkably short time; and they experience an exhilarating sense of well being -- because Side Hessel aims at head-to-toe fitness and the efficient use of the body's resources.

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- Binding: Hardcover
- 134 pages

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Great for posture, RSI, and spine/disk issues, and office workers

By Satya

I found this book in my library, and it is a gem. Amazingly it is from the 70's and no one has updated it yet. The reality is it really isn't in need of updating, but is a work of perfection, and wonderful for rehabilitating and re-educating every joint in your body.

The program starts out with "Articulations" in which you learn how to gently move all the joints of the body, increasing mobility and flexibility.

I found this series to be incredibly powerful.

The series is Articulations, Posture Toning, and Basic Stretches on to more difficult ones.

The toes, ankle articulations are incredible. Having sprained my ankles, and still 1.5 years into recovery, I found that the toe exercises and ankle exercises (unlike any I have ever seen or been given in PT) were incredible. They seemed to assist in improving nerve conduction, control and balance in the lower body, by seemingly insignificant, and easy, gently controlled movements.

When I mentioned this to my physical therapist, he thought I was studying Alexander Technique or Feldenkrais!

I am now reading books on Alexander Technique, and find that working through this book and its program is incredibly helpful, and combined with Alexander books, and Pilates (such as the Pilates Back book) to be a wonderful and gently but powerful, and sAFE way to restore motion, balance, flexibility, and grace into you lives (At home, and without the need for gym workouts).

I strongly recommend this book to be the best and most important book I have ever found of exercises for the

human body. I can't say more better things about it. If you buy this, you will NOT be disappointed.

4 of 4 people found the following review helpful.

Best book on stretching

By Amazon Customer

I found this book in the library about 15 years ago and couldn't find it for sale anywhere, so I just kept taking it out of the library. I finally found it through Amazon maybe 8 or 10 years ago (?) and bought it. The author has a unique approach to body movement and stretching. I've used her stretches - really they're more movements that happen to also provide stretching - for years, and they make a huge difference to my ability to move. I recommend this book to anyone serious about getting the most out of their body.

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