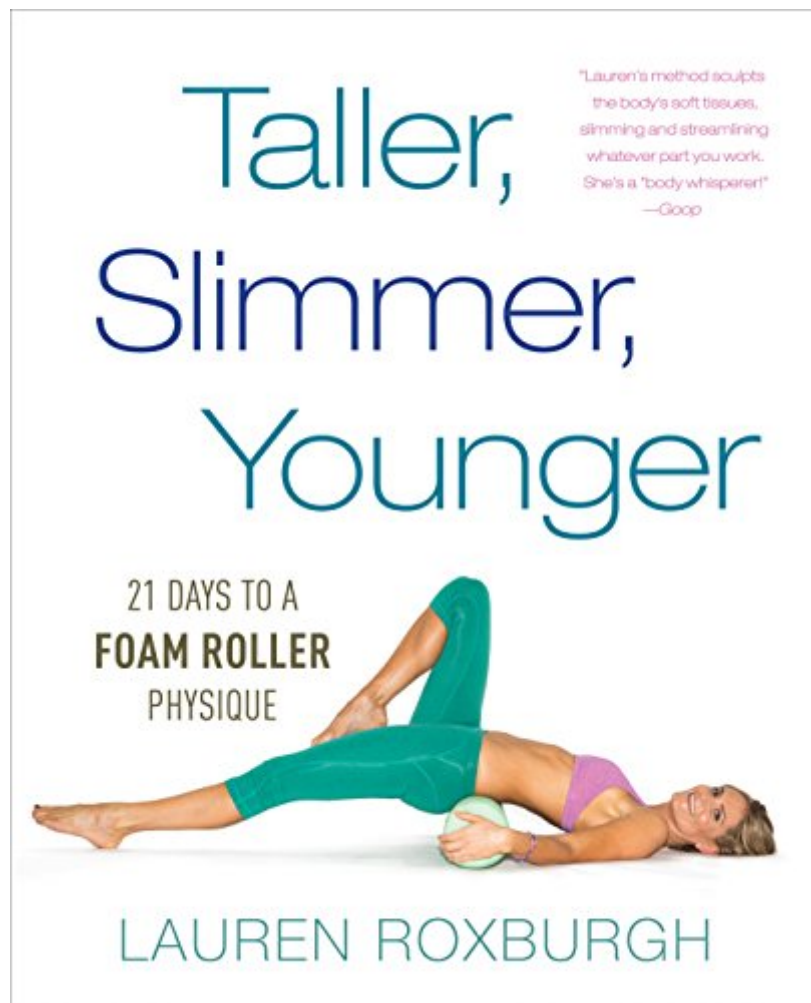




Ebook Directory
the best source of ebook

The book was found

Taller, Slimmer, Younger: 21 Days To A Foam Roller Physique



Synopsis

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 lighter and brighter, reducing stress and tension, while dramatically improving your stance in your body and also in your life!”

—Gabby Reece, U.S. beach volleyball champion

“This book is sure to become the body bible for anyone who wants to live a healthy, fit, and balanced life.”

—Melissa Rauch, actress, *The Big Bang Theory* and *True Blood*

“Lauren’s method has rejuvenated my spirit, giving me more energy and strength, which has allowed me to perform better on and off the court.”

—Baron Davis, two-time NBA all-star

“Lauren’s method sculpts the body’s soft tissues, slimming and streamlining whatever part you work. She’s a total body whisperer!”

—Goop

“If you’ve never tried foam rolling, I highly recommend it. [Lauren Roxburgh’s] program is designed to improve posture, release tension and stress, activate and strengthen the core, and heal from the inside out. When I was a model, I used a foam roller to lengthen my muscles. I’m so excited to get back into it once I give birth! Oh, and Goop dubbed her

•The Body Whisperer. Enough said. •MollySims.com

Book Information

File Size: 175065 KB

Print Length: 305 pages

Publisher: Ballantine Books; 1 edition (February 2, 2016)

Publication Date: February 2, 2016

Language: English

ASIN: B00X2FE42U

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #20,659 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #4

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Massage
#12 in Books > Health, Fitness & Dieting > Alternative Medicine > Massage #15 in Kindle
Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Healing

Customer Reviews

I'm a huge fan of foam rolling and its benefits beyond the typical use, so I was very excited for this book. However, several days in, I'm beyond frustrated. The instructions aren't clear and the pictures don't help. In fact, the written instructions and pictures seem to contradict each other in places. Another issue is that in the written instructions some words seem to be opposite of what they should be. Up=down, in=out, forward=back, pushing=pulling. I found myself searching the web for other pictures and videos of the exercises only to find that the name the author uses for exercises don't necessarily match up to what other instructors generally consider to be that exercise. I'd skip this book.

You know, the ideas in this book are good, and I think the technique can be beneficial. But as a book, this fails. There's a 21-day program, where she gives you exercises to do each day, and then a "Glossary" of exercises in the back. Ok, but it's like no one edited or copy-edited this book. Some exercises are missing the corresponding illustrations, or the description tells you to do something

not shown, or the opposite of what is shown. The "Glossary" is literally the exact same exercises as from the front, with the exact same instructions, except totally useless because the book has no index. So there is no way to look up individual exercises -- you have to flip through the whole book to get the same misleading instructions you already got. Annoying and redundant. If there were better descriptions, or a guide to modifying the moves for different levels, or more advanced exercises, then it would be useful. And no real guidance on how to make your own program (ie, doing this would be good for x). As published, this book is lousy.

While I think that there are worthwhile positions in this book, for the most part, I found it confusing. The book has a hard time conveying the actual sequence of the move that is to be performed. I felt I was turning pages back and forth, trying to understand what I was to be doing from what is written, and only two pictures. Some of the moves were too advanced, and I was afraid that I would injure myself by doing it improperly, especially after only reading the instructions on paper. I think that this type of exercise would be best portrayed in a video, where more detailed instruction, and visuals would make it more apparent. Anything that I could use from this would really be available for free online.

I do believe that this book was easier to work thru because I have been a Pilates student for 15 years. As far as understanding the exercises and how to do them.

Love this book. Exercises easy to do and felt a difference.

I am on day 17 and have enjoyed all the workouts so far. I notice some difference. Mostly less tension.

Disappointed that the pictures do not show up on my kindle version. I wrote to Lauren Roxburgh alerting her to this but no response. Without the pictures, the book is worthless.

I completely agree with the reviewer who questioned if this book was edited - it clearly was rushed to press to meet demand after she was featured on a certain celebrity's lifestyle website. Many of the worded instructions do not explain the movement pictured, there are pictures missing and/or the pictures do not correspond to the instructions given. Example: pg 58 - there is no written mention of using the roller for this lunge exercise. In the 2 assisting pictures, the roller is used in one and not

the other and there is no reference indicating that the roller is optional or more or less advanced. There are educational videos out on the internet that help demonstrate what the book is trying to explain, but that does complicate what is supposed to be a quick 10 minutes-a-day investment. All that said, I blame the publishing house for this, not the author. The exercises are gentle and effective. I've been using it for 8 days and I already feel good stretches in muscles I haven't used in a long time. I find that if I read ahead a day, review the exercises over and over, google what needs clarifying, then I can visualize what I need to do tomorrow. Looking forward to completing the full 21 days. Oh, and I bought a roller before I read the book. The one I chose is compressed styrofoam or polystyrene or similar. It hurt like the dickens! I broke down and bought the LoRox and it IS more gentle. There are probably other brands that fit the bill, but I decided to just go for the recommended one.

[Download to continue reading...](#)

Taller, Slimmer, Younger: 21 Days to a Foam Roller Physique
Foam Rolling: The Foam Roller Bible: Foam Rolling - Self Massage, Trigger Point Therapy & Stretching (Trigger Point, Tennis Ball, Myofascial, Deep Tissue, ... Points, Hip Flexors, Calisthenics Book 1)
The Nature Physique: Easy Breezy Abs: (The #1 Guide on How to Easily Achieve a Six Pack) (Nature Physique Fitness Book 2)
The Nature Physique: Bodyweight + Resistance Band Exercise Guide: (The #1 Guide on How to Look Great Without a Gym) (Nature Physique Fitness)
EveryGirl's Guide to Roller Derby: A Navigational Guide through the World of Roller Derby
Legs that Won't Quit : 30 Days to Slimmer
Sexier thighs and Legs Ten Years Younger In A Weekend (Beauty And Fashion Secrets To Look Younger Naturally Book 1)
How to Look Younger - Get Rid of Eye Wrinkles, Drooping Cheeks and Sagging Jowls Naturally: Six Easy Steps (How to Look Younger - Anti Aging Techniques That Work Book 1)
Younger You: Unlock the Hidden Power of Your Brain to Look and Feel 15 Years Younger
10 Years Younger: Look Younger With Yoga Face Exercises, Get Rid of Wrinkles & Take 10 Years off Your Face in 8 Mins A Day (Health & Beauty Series Book 3)
The Oxygen Advantage: Simple, Scientifically Proven Breathing Techniques to Help You Become Healthier, Slimmer, Faster, and Fitter
The Thigh Gap Hack: The Shortcut to Slimmer, Feminine Thighs Every Woman Secretly Desires
The Feelgood Plan: Happier, Healthier & Slimmer in 15 Minutes a Day
The Oxygen Advantage: The Simple, Scientifically Proven Breathing Techniques for a Healthier, Slimmer, Faster, and Fitter You
The 17-Day Green Tea Diet: 4 Cups of Tea, 4 Delicious Superfoods, 4 Steps to a Slimmer, Healthier You!
BOUNCE A Weight-Loss Doctor's Plan for a Happier, Healthier, and Slimmer Child
Male Beauty: Postwar Masculinity in Theater, Film, and Physique
Magazines
Physique After 50: How to Use Resistance Training to Feel Great, Maintain Muscle &

Fight the Effects of Aging How To Build The Rugby Player Body: Building a Rugby Player Physique, The Rugby Player Workout, Hardcore Workout Plan, Diet Plan with Nutritional Values, Build Quality Muscle Aerial Physique FIT: Gain the strength of a cirque performer, the legs of a ballet dancer and the abs of a Pilates pro

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)