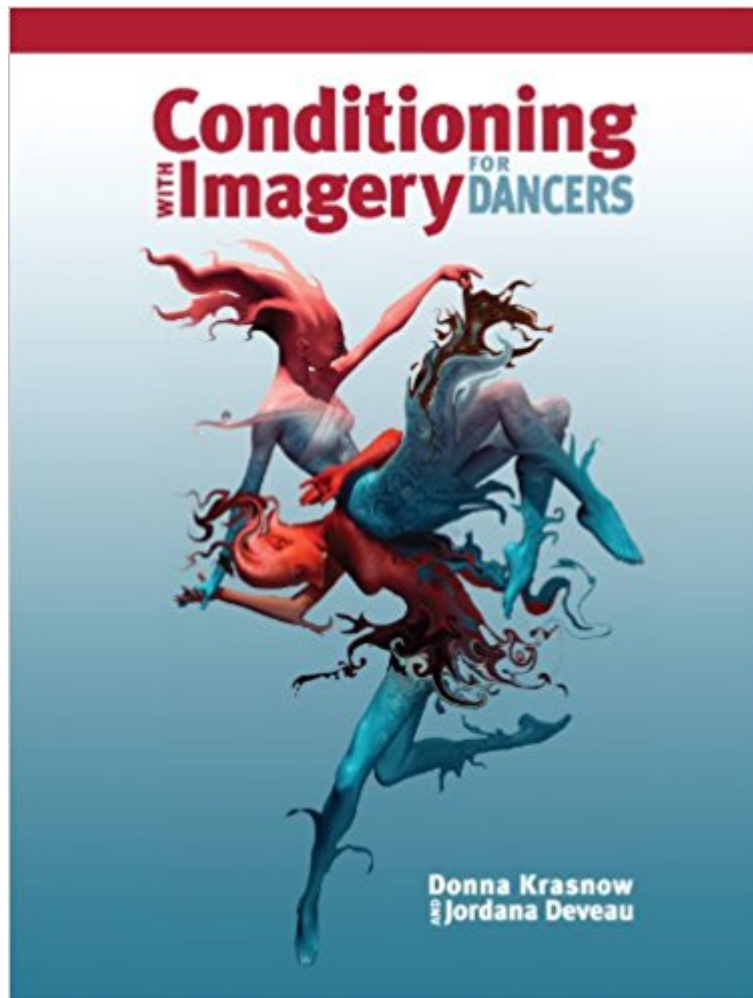




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Customer Reviews

This is an amazingly useful book, not just for dancers, but also for people who enjoy yoga and other kinds of physical activities which puts their body under a lot of stress. As a bio-chemist I do know a fair bit about the inner workings of the human body, and while I am not a specialist in the kinetics involved, I will say that this book was exceptionally well-written, informative and a joy to read.:)

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