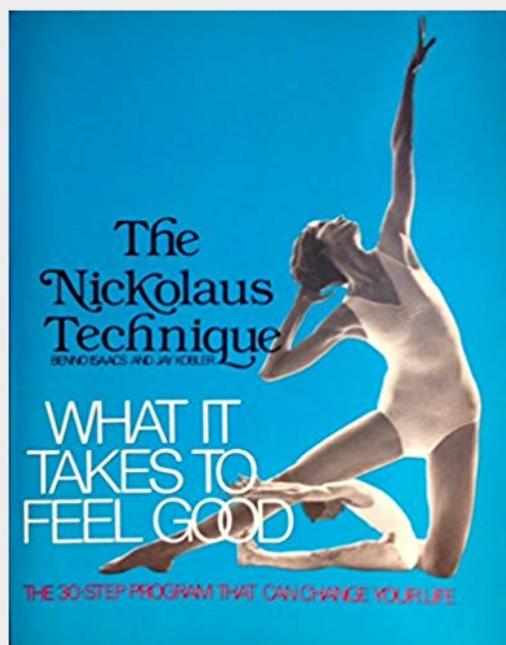


What it takes to feel good: The Nickolaus technique *by* Richard Nickolaus, Leon Root, Benno Isaacs



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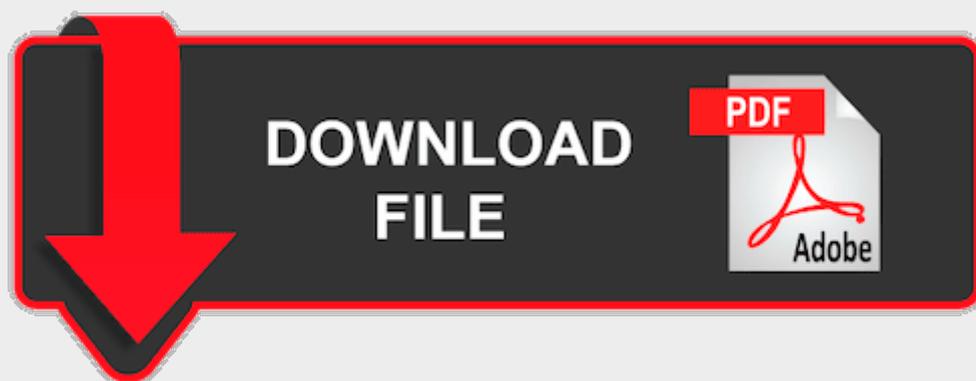
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In only two hours a week, the famous Nicklaus Technique will not only flatten your stomach, strengthen your back, trim your thighs and remove tension from every part of your body, it will change your life by making you feel and look your best. Here is the well-known 30-step program of exercises for men and women of any age, as well as chapters on how the body is put together and how it functions.



Reviews of the *What it takes to feel good: The Nickolaus technique* *by* Richard Nickolaus, Leon Root, Benno Isaacs

1. Hellmaster

My wife and I first purchased this book in the 1970's. That copy was lent to a friend who failed to return it. For years we have regretted the loss and have looked for a replacement. It was very exciting to find this to give her as a gift for one of those milestone birthdays. The photography is black and white and the attire of the models is dated, but the principles of the workout are timeless. Anyone wishing to incorporate a routine for toning and flexibility into their fitness regimen will find this book helpful.

2. Beahelm

So happy to have this book with its clear instructions and helpful photographs. I studied this technique in 1980 after abdominal surgery and it enabled me to recoup the use of my muscles and gain strength.

3. Authis

I have been doing this exercise routine since 1980 when as a senior in college I was introduced to it at a Philadelphia exercise studio. Over the years my practice has varied from "only when the weather doesn't permit outdoor exercise" to several times a week. As I've gotten older, I've increased my use of the Nickolaus Technique and feel as though it's my best defense against Father Time. Since we are as young as our spine's our flexible, this method is ideal for us 50+ types. It maintains range of motion, overall flexibility and increases core body strength. Admittedly, it can get dull, so I have a routine of doing it every evening at 7:00 and watching my favorite TV show while I do it. I say, definitely try it if you want the polar opposite of something as frenetic as cross training.

4. Adrielmeena

I was so happy to find this book again. It was everything the description said, very little wear.

5. Conjuril

Happy with the book. In condition as advertised. Thanks.

6. Bralore

This excellently photographed technique offers step by step instructions and encouragement. This 30 exercise series takes an hour and can be done at home. For anyone interested in Pilates, this is a must-have - Nickolaus incorporated original Pilates routines, Alexander Technique, and his own observations into this spine-stretching, posture enhancing method.

After the hour is up, you'll hardly believe you haven't acquired a brand new, longer and straighter spine. Remember Audrey Hepburn? Her incredible posture and joyous open body position is offered through the Nickolaus Technique!

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