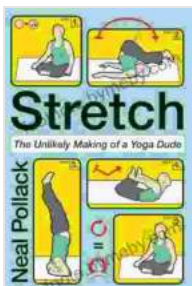


Stretch: The Unlikely Making of Yoga Dude



Stretch is the unlikely story of how a former college football player became one of the most popular yoga teachers in the world. It's a funny, heartwarming, and inspiring story that will show you that anything is possible if you set your mind to it.



Stretch: The Unlikely Making of a Yoga Dude by Neal Pollack

★★★★☆ 4.1 out of 5

Language : English

File size : 831 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length

: 338 pages



The book follows the journey of Josh "Yoga Dude" Payne, from his days as a star football player at the University of Florida to his struggles with injuries and depression. After football, Josh turned to yoga as a way to heal his body and mind. He quickly fell in love with the practice and soon began teaching others.

Josh's yoga classes are unique in that they are accessible to people of all ages and fitness levels. He believes that yoga is for everyone, and he strives to create a welcoming and supportive environment for his students.

Stretch is a must-read for anyone who is interested in yoga, fitness, or personal growth. It's a story that will inspire you to step outside of your comfort zone and pursue your dreams.

What people are saying about Stretch

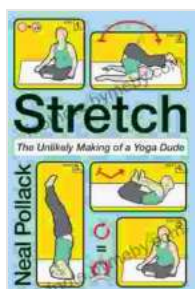
"Stretch is an inspiring story about how one man overcame adversity to achieve his dreams. Josh Payne's journey is a testament to the power of perseverance and self-belief." - Deepak Chopra

"Stretch is a funny, heartwarming, and inspiring story that will appeal to anyone who has ever struggled with adversity. Josh Payne's story is a reminder that we can all overcome our challenges and achieve our dreams." - Arianna Huffington

"Stretch is a must-read for anyone who is interested in yoga, fitness, or personal growth. Josh Payne's story is an inspiration to us all." - Tony Robbins

Free Download your copy of Stretch today!

Stretch is available now on Our Book Library, Barnes & Noble, and IndieBound.



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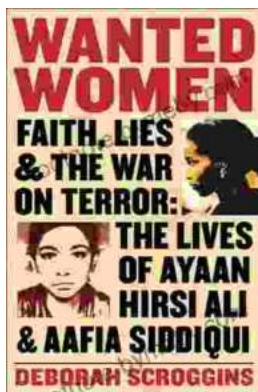
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