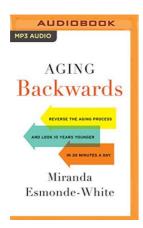
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BRILLIANCE AUDIO, United States, 2016. CD-Audio. Book Condition: New. Unabridged. 170 x 135 mm. Language: English. Brand New. PBS fitness personality on Classical Stretch and creator of the fitness phenomenon Essentrics, Miranda Esmonde-White offers an eye-opening guide to anti-aging that provides essential tools to help anyone turn back the clock and look and feel younger no matter what age. Miranda Esmonde-White trains everyone from prima ballerinas to professional hockey players to Cerebral palsy patients: what do they all have...

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