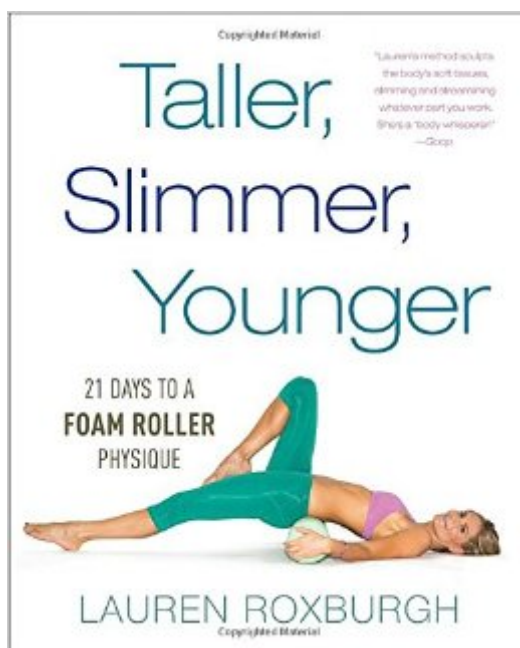


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# Taller, Slimmer, Younger: 21 Days To A Foam Roller Physique



## 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 "body whisperer!" —*Goop*

## Book Information

Paperback: 304 pages

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

Language: English

ISBN-10: 110188617X

ISBN-13: 978-1101886175

Product Dimensions: 7.3 x 0.7 x 9.1 inches

Shipping Weight: 2.9 pounds (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars See all reviews (61 customer reviews)

Best Sellers Rank: #25,361 in Books (See Top 100 in Books) #26 in Books > Health, Fitness & Dieting > Men's Health > General #49 in Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation #94 in Books > Health, Fitness & Dieting > Women's Health > General

## Customer Reviews

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.

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.

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 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.

This book is probably aimed at women, but I got an advance copy as I've been experimenting with the foam roller for some time to help with persistent back and neck pain and tightness in my legs (I'm an avid cyclist). There are some completely original roller moves and sequences in this book that I've found hugely helpful. The author has a unique way of using the roller as a total body workout tool that goes well beyond the basic foam roller moves most people know. An excellent resource for anyone interested in improving their overall wellbeing, reducing pain and improving flexibility and fitness.

Lauren's results for the body (and mind) were evident in the first session. Although I love working one on one with Lauren, (and she definitely has changed my body to the point friends and patients

say I look "svelte"...gotta love that) TSY along with her foam roller has been a great way to continue the work she started with me. I'm a medical professional and people who know me know that I do not endorse much. Even after meeting Lauren the first time I went home and researched her work and the idea of changing fascia. Now, I refer my own patients to her because she elicits real change from the inside out. My own experience with Lauren and her book has definitely moved old, stuck energy out as well as elongated my muscles and changed the way I stand and walk. Not only is my posture improved the work she did on my jawline and TM joint took 5 years off my face. I did not realize, until my work with her and the foam roller, that my immediate bodily stance is a very tense, "flight" mode. Now, I'm more relaxed, more comfortable in my body. I'm extremely happy as I recently did a photo shoot and because of my work with Lauren and the home work I do when I cannot see her in person made my photos look unposed. comfortable, healthy and youthful. But, more than beauty, Lauren really does change you from the inside out in a bio-psycho-social emotional and spiritual way. She's a healer.

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