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About the Author; A former international ballet dancer and author of Stretching Without Pain, Paul Blakey now practices osteopathy and lives in Canada.

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force applied to the body must be held just beyond a feeling of pain and needs to be held for at least ten Blakey, W P. Stretching Without Pain. Canada:

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About the Author: A former international ballet dancer and author of Stretching Without Pain, Paul Blakey now

Paul blakey (author of the muscle book) -

Paul Blakey is the author of The Muscle Book (3.86 avg rating, 21 ratings, 0 reviews, published 1992), Stretching Without Pain (3.50 avg rating, 2 rating

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Paul has had more than twenty years experience practicing and teaching Qigong. He is the author of The Muscle Book and Stretching Without Pain, both volumes based on

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Paul Blakey is a retired osteopath, published author, and director of Twin Eagles Publishing. Stretching without Pain, W. Paul Blakey, LCSP (DO),

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W Paul Blakey is a British trained osteopath and former professional dancer. He is the author of the popular anatomy book, The Muscle Book. His practical knowledge as

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