

**SEND NO MONEY! READ IT 10 DAYS FREE!**

# NOW! STRETCH YOUR WAY TO A BEAUTIFUL BODY in exactly TWO utterly delicious minutes a day!

Yes, here is a revolutionary new way to coax startling new health and beauty out of your body—WITHOUT EXERCISE AND WITHOUT A DIET! It is called CONTROLLED STRETCHING. It requires absolutely no effort. It takes approximately one to two luxurious minutes a day. And this page is packed with proof that it has already:

- Reduced the waistlines of trained athletes up to three inches without a diet.
- Built marvelous new energy and endurance into the legs and lungs of professional ballet dancers.
- Been used by doctors all over the world to relieve the agonizing pain of poor posture, spinal curvature, and arthritis of the arms and legs.
- Relaxed drug addicts (who were trying to break the drug habit) so completely that they had their first full night's sleep in months . . . and relaxed ordinary men and women (who were trying to break the cigarette habit) so remarkably that it is now used as a suggested part of an American Cancer Society Publication.
- Been praised by *Harper's Bazaar* and over fifty other leading publications, as: "Freeing you like a bird from the prison of your tensions, and providing liberating new beauty for your body . . . almost magically renew the body's energy, create inner calm, and induce sound sleep . . . what's more, they never tax the heart, always tighten and free the muscles . . ."

### All This From A System Of Single, Relaxing Movements (Never Repeated), That Are As Different From Exercise As a Feather Is From a Sledge Hammer!

Once again, at the very beginning, you must understand that this completely revolutionary method:

- Is not exercise.
- Requires only seconds to do.
- Does not in any way make muscles sore.
- Is completely safe.
- May be done by people of all ages.
- Is non-fatiguing (instead, it refreshes and renews all energies).
- Automatically regulates appetite, so you want to eat less. (This has been proven in prisons, where boredom is extreme and where eating is one of the only forms of gratification. Even here, in this almost

"impossible" situation, these stretches cut down appetite, and food consumption, in days.)

### How Do They Do This? THE SAME WAY A CAT DOES! By Working WITH Nature, Instead Of Against It!

And all these benefits are gained without exercise, without repetition, without boredom, without stress or strain of any kind.

They are accomplished—instantly—by doing with your body, consciously what an ordinary house cat does instinctively every single day of his life.

Think about it for a moment: No cat—no tiger—no other animal but man ever exercises! Yet only one human being out of a thousand is as slim, as sleek, as incredibly powerful as any caged tiger in a zoo is all his life.

Why? How do tigers and other cats, for example, KEEP that youth, power, slimmness all their lives? By using nothing more than a few instinctive CONTROLLED STRETCHES every single day. (Watch any household cat yourself; the secret is there, if you will only look at it.)

Now, what do these instinctive stretches DO for the cat? These three vitally important things:

- 1) They extend the essential "Drive-Muscles" of his four limbs to their full length. Thus, they automatically tighten and strengthen them.
- 2) They involuntarily — without his even being aware of it — draw in and harden up the muscles of his abdomen and buttocks.
- 3) They straighten and strengthen his entire spinal cord — all in one effortless movement.

Now wonder he purrs in delight! And so will you—once you adapt these effortless stretches to remodel your body, in exactly

list me as one of your supporters. —Ethan Allen Browne, Boston, Mass From a pamphlet distributed by the Anti-Smoking Clinic, New York Hospital.

Contrary to familiar exercises, these movements are done with gentleness. This gentleness and tender care enables the performer to ease into each movement. This naturally creates a minimum of exertion with a maximum return for the effort.

The movements are easy and simple. Each stretch is done but once.

The purpose of these exercises is to relax the body without lethargy, to trim the waistline and keep it trim, to tone up the abdominal muscles, to stand straighter without further effort, to feel buoyant."

### Here's What HARPER'S BAZAAR Says:

"Frees you like a bird from the prison of your tensions, and provides liberating new beauty for the body . . . How can anything so relaxing and pleasant work such wonders? But it does! These natural, deep-breathing, tension-dissipating, movements do almost magically renew the body's energy, create inner calm and induce sound sleep."

### HERE IS WHAT DOCTORS SAY About This Revolutionary System Of "Non-Exercise":

"These stretches constitute an extremely useful and beneficial method of keeping the body flexible and young. They are particularly adjusted to our time, since only two minutes daily are needed. I can recommend to everyone her book."

—William Guttman, M.D., N. Y. C.

"Miss Linden's work first came to my attention in the remarkable results attained by my patients. There was radical improvement in an overly accentuated anterior postural curvature. The spinal curves assumed a much more normal contour."

—Nathan B. Novic, D.C., F.A.C.C.

"I fully appreciate the importance of all that you have written and will pass on to my patients what you have to say."

—M. Oliver, M.C.S.P., chartered physiotherapist Capetown, So. Africa " . . . I personally have done almost all the movements and find them exactly as you have described. Please



This is Millicent Linden, creator of CONTROLLED STRETCHING, reducing the waistlines of two professional athletes TWO FULL INCHES IN JUST TWENTY SECONDS. This is the same incredibly gentle, "Instant-Slimming Stretch" that you can learn, the very first instant you pick up this great book! Read the thrilling details in this letter.

TWO incredibly relaxing and luxurious minutes every day. Like this—

### You Have Only To Breathe To Be Able To Do Them!

Let us repeat this vital fact again: The five or six simple stretches you are about to test in your own home—entirely at our risk—have already been proven by doctors . . . by ballet dancers . . . by drug addicts . . . by ministers . . . by police athletic instructors . . . by prisoners . . . by West Point cadets. Their benefits are universal! They are a whole new world of physical well-being and physical beauty — without exercise and without diet!

We can tell these facts to you here, over and over again. But it is only when you actually FEEL the first stretch—FEEL its effortless energy and power flowing through your body — that you will understand WHY it has changed so many people's lives.

What does this stretch (and all the others) require? Nothing! No special equipment. No special clothes. No more space than your own body. And above all —no athletic skill, no strength. No endurance.

All you need to do to perform it is sit down. Then make one simple movement with your entire body to flow forward for five delicious seconds like a ballet dancer. And then relax.

That's all there is to it. That's all you do. But the feeling inside your body will be incredible! Because all kinds of beautiful changes will take place—automatically — inside your body — that were al-

ways, before today, completely beyond your control.

For example—

**Automatically Correct Body Faults That Have Plagued You For Years. Automatically Unlock "Tension-Centers" That Drain Away Strength From Your Body Today Even While You Sleep!**

The first thing you will notice is this: That in the stretch (as in all the others) certain muscles of your body will automatically contract.

Your abdomen, for example, will keep falling in towards your spine. It will contract; you will not force it to contract. You may not, at first, even FEEL it contract.

But your mirror (and please do these stretches at first in front of the largest mirror you have in your house) your mirror will tell you instantly that inches are

gone in that very first stretch. And that they STAY OFF longer and longer as one delicious day leads into the next!

**Do Them For Your Back. Do Them For Your Hips. Do Them For Your Entire Body. But Most Of All, DO THEM FOR THE SHEER PLEASURE THEY GIVE YOU!**

But there is far more, in the same exact stretch, other muscles automatically expand.

Your chest, for example, automatically billows out as though you had set off a hidden pump inside it. Involuntarily, you find yourself breathing deeper than you have in years . . . filling your lungs with air . . . sending rich, nourishing oxygen coursing through every single cell in your body.

(You FEEL that oxygen instantly in your brain, it has dramatic effects: A momentary light-headedness — almost auto-intoxication . . . then the marvelous heightening of all the senses . . . and then a delicious "floating feeling," as tension-knots throughout the body begin to loosen up, and then ultimately dissolve.)

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**INFORMATION, INCORPORATED 200 Madison Ave., New York 10016 Dept.FW-26**

Gentlemen: Please rush me a copy of Millicent Linden's STRETCH FOR LIFE. I understand this book is mine to examine for a full 10 days entirely at your risk! If at the end of that time I am satisfied, I will remit only \$5.98 plus shipping and handling charges. If not, I will simply return the book to you and owe nothing.

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