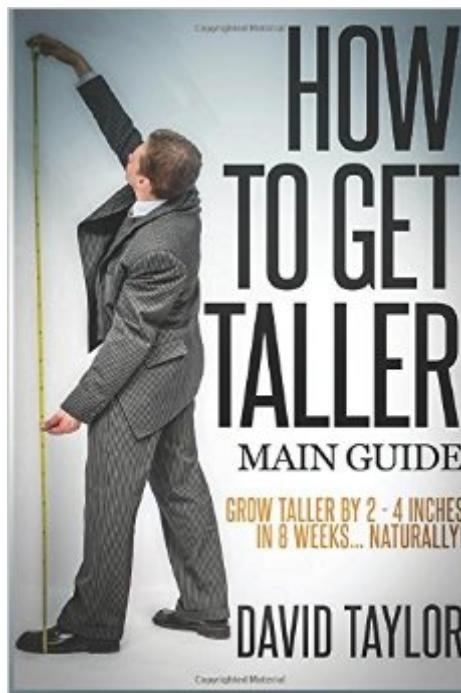


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# How To Get Taller: Grow Taller By 4 Inches In 8 Weeks, Even After Puberty! (Grow Taller Naturally) (Volume 1)



## Synopsis

If you've ever felt insignificant because of your height, then this is most probably the most important book you'll ever read...In *How To Get Taller*, David takes you to the thrilling edge of scientific discoveries to show you what's stopping you from achieving your full height potential and the natural techniques to grow 2 - 4 inches in just a few weeks. Here are some of the secrets inside this guide:

- The "Secret" Ingredient Our Body Produces Naturally To Help Us Grow Taller -- Find out how you can get your body to produce even more of it without the harmful side effects of taking pills!
- The FOUR Major Factors Controlling Our Height -- Discover at least 3 tricks on what you can do about each of them
- The THREE Stages Of Exercises You Must Do To Get Taller (All the other courses only tell you one of them)
- SIX Easy-to-Follow Height Gaining Exercises For Starters (Step-by-step instructions and illustrations included!)
- The FOURTEEN Power Height Gain Foods (Eat them to maximize your body's potential to grow taller!)
- The BEST Way To Sit, Stand And Bend -- The ways we instinctively do any of these could be damaging your spine and stunting your growth right now
- The TEN Vitamins and TEN Minerals Your Body Needs To Grow Taller -- And where to find them in the common foods
- SIX Things To Do Before Bed (Do these to stimulate your body to grow while you're sleeping!)

And much, much more! There are many more tips than this, but this will give you an idea of what you can expect. All the techniques you'll discover in this book are easy-to-follow and practical. Most importantly, you'll notice just how easy it is to put them to work for you. Forget about wearing insoles to fake your height. In just minutes from now, you will begin to increase your height permanently and naturally, without the use of any drugs. So Go Ahead and Download Your Copy of *How to Get Taller Right Away!*

## Book Information

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## Customer Reviews

I initially bought this book How to get taller for my younger brother. He just turned 22 and I thought that this book will be useful to him. Boy, I was so happy I read it too! I thought since I am 6 years older than him that it will not be useful to me but I was wrong. I have heard of Human Growth Hormones (HGH) before and this book made me understand it more. I was happy to read that those hormones can be increased with correct exercise and proper diet. The book outlines natural ways on how to increase your height gradually. One very practical advice that I believe we seem to overlook is just having enough amount of sleep. The book explained how just getting a productive sleep can help in the production of HGH. The book explained how HGH peaks during your "deep sleep". It gave tips on how to achieve a deep sleep too. My brother and I also did the stretching exercises specified in the book. The author classified these exercises into 3 stages, Amateur, Intermediate and Advanced. I have actually only tried the amateur ones for now. It was very easy to follow and execute. I especially liked the Air Bicycle exercise. I have a few more days before I can go to the intermediate, while my brother is on the intermediate stage already. Also mentioned in this book are some breathing exercises which I did follow and I felt better right away. There was a chapter about Diet and Nutrition which was very useful whether you want to gain a few inches but also to have a balance diet. The author provided a chart on what are good vitamins and minerals. He gave examples too on what food to consume to make you gain the required nutrients. My brother who has been following the tips in the book for longer time said he actually grew an inch already. I, on the other hand, still have a long way to go but I already saw improvements in my posture and that is a good way to start.

I may not be the shortest man in the world, but I am certainly not the tallest either. I have always looked way younger than I actually am, (seriously I get carded for spray paint... I'm 24) and with the completion of my MBA only a few months away, I want to look as professional and mature as possible. This book was a bit of a risk, but one that is already changing my life. In the past month I have already gained a full inch! Now this might not seem like a lot, but my co-workers have noticed on their own. The instructions are easy to follow, and don't require any crazy gizmos or gadgets. I like the way the book explains the science behind the steps in an easy to understand manner. In addition to taking some well known vitamins (a few I already take for immune health such as C and Lysine) the stretches were what caused immediate results. It's pretty logical really, we spend so

much time crunched up at a desk that our bodies compact. The stretches in the book not only caused permanent growth, but released a lot of my muscle tension, especially the rocking horse stretch in the intermediate section. If you have always felt that you were looked down upon (sorry for the pun) due to your height, this is the book you need.

Both my daughter and I are 5 feet tall and we got this book. We both loved it. She grew 2 inches and I grew 3. How to Get Taller had easy to follow lessons on both nutrition and exercise. We both saw results right away. You can do the exercises first thing when you get up and right when you go to bed. It only takes 15 min in the morning and 15 minutes at night. I would recommend this book for anyone who wants to grow. I just lent the book to my mom for her to try and waiting to hear results from her.

I have always been interested in biology and genetics and was curious to know how and why some of my younger siblings were taller than I am. Was it diet or just genetics? When I ran across How to Get Taller by David Taylor, I was fascinated to say the least. I was curious about his claims that adults can continue to grow after they have already passed puberty. The tone in which he wrote the ebook is very easy to understand and does not include many medical and fancy terms that would require a dictionary nearby. I loved how he was realistic and acknowledged that height is determined by several factors that can be controlled and several that cannot. When I read that he acknowledged that genetics and growth plates it made him much more credible. I realized this wasn't a gimmicky grow 10 inches spiel. The guidelines and controllable factors are clearly explained clearly and realistically, as are the results that can be expected by following the guidelines. I loved how he built his argument and book in a pyramid model, first laying the foundation with the the broad concepts and then narrowing down to the application. This format made it easy to understand why I had to do the steps mentioned and how they applied. The book is truly a fascinating read and worth the cost. The techniques are very practical and can benefit anyone.

I haven't even gotten past the intro and I'm flabbergasted by all of the errors. It's not just the horrible grammar everywhere. He talks about "endocrine glands" and then says there is only one, the thyroid. There is an ENTIRE Endocrine System in the human body. He states, incorrectly, that the thyroid makes growth hormone - wrong! The pituitary gland manufactures HGH. And growth plates do not fuse "at 24 or something." In young women, they fuse by 16, in young men, it's closer to 18. If the author can't get his basic facts correct, how am I supposed to believe anything he writes?

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