

# THE ROLL MODEL

A woman with blonde hair in a bun, wearing a red sports bra and black shorts, is shown from the back. She is holding a purple ball in her right hand and a green ball in her left hand. A black mesh bag containing several grey balls is attached to her back. The background is white with faint circular lines.

by JILL MILLER

**A Step-by-Step Guide to Erase Pain,  
Improve Mobility, and  
Live Better in Your Body**

Foreword by Kelly Starrett, *New York Times* bestselling author of *Becoming a Supple Leopard*

# Roll Models Paperback

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