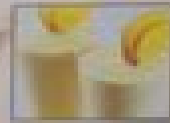
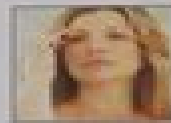


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The PERFECT Body, 1999 **The Perfect Body** Lynne Robinson, 2003 *101 Ways to Work Out on the Ball* Elizabeth Gillies, 2004-11-01 A full color photographic book with 101 different moves you can do with an exercise ball Exercise balls are cropping up in gyms all over the world are sold in places like Kmart and Target and are becoming the latest fitness craze The thing is what the heck do you do with the ball once you've bought it Pilates yoga and more Liz Gillies respected fitness trainer and star of several best selling exercise videos shows you 101 things you can do with a ball to tone trim and firm up

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Perfect Body Boot Camp Jeremy Barnett,2005 The Right Weigh Rena Greenberg,2006-01-01 A unique 40 day six step plan for weight control that combines both a practical and spiritual approach to effect permanent waieght loss Rena Greenberg addresses the importance of effecting changes in your diet and activity level and makes it easy for you to do so but she emphasizes what most diet books overlook how to do the inner work necessary to change the very way you think about food Using self hypnosis neuro linguistic programming and a technique called Remembrance Rena shows you how to get past the obstacles that have held you back from losing weight and keeping it off You ll find yourself naturally craving healthier meals and being indifferent to or even repulsed by unhealthy fattening or high sugar food all without the need to draw upon willpower to change the way you eat The Right Weigh teaches you how to change your perceptions of yourself and what you re eating by tapping in to the vast Source of power within and reconnecting to your infinite spiritual nature In this way the wisest part of yourself guides you to make excellent choices to improve the quality of your life and live healthfully at the mind body heart and spirit levels MODELING by Shahin Zartosht Shahin Zartosht,2021-01-27 The MODELING Book

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Knowing Bodies, Moving Minds Liora Bresler,2013-11-11 This book aims to define new theoretical practical and methodological directions in educational research centered on the role of the body in teaching and learning Based on our phenomenological experience of the world it draws on perspectives from arts education and aesthetics as well as curriculum theory cultural anthropology and ethnomusicology These are arenas with a rich untapped cache of experience and inquiry that can be applied to the notions of schooling teaching and learning The book provides examples of state of the art empirical research on the body in a variety of educational settings Diverse art forms curricular settings educational levels and cultural traditions are selected to demonstrate the complexity and richness of embodied knowledge as they are manifested through institutional structures disciplines and specific practices

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