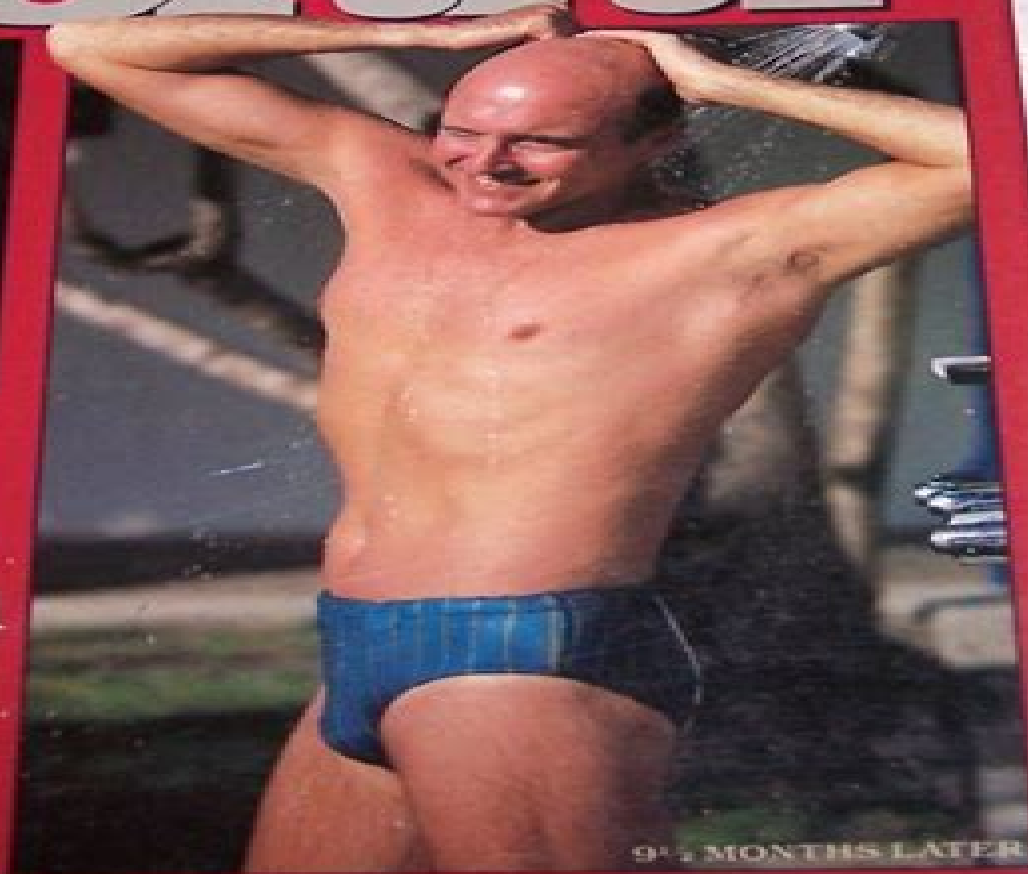


# Remar Sutton's **BODY WORRY**



How a  
middle-  
aged man  
became  
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# Remar Suttons Body Worry

**Michael Seilmaier**



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shows readers how to tailor their fitness regimens to such elements as temperament self image and lifestyle enabling them to design their own exercise programs and stick to them      **Medical and Health Care Books and Serials in Print** ,1986

Women and Children Last Ruth Sidel,1992 Comparing the affluent U S of today to the Titanic which as a luxury liner nevertheless lacked lifeboats for steerage women and children Sidel contends in this realistic appraisal that despite the women s movement social and economic trends of the last 20 years especially the divorce rate and mechanization of industry have reduced to bare survival hundreds of thousands of already impoverished women and children Many are older women battered wives or female heads of families asserts Sidel who interviewed several of them and they are often victims of sex and racial discrimination in the workplace or of government cutbacks in human services Following Sweden s example the U S she argues should develop policies to strengthen family life through universal entitlements should pay women better wages provide family planning maternity leaves and prenatal care along with day and after school care      Confessing Excess Carole Spitzack,1990-01-01 Looking at the discourse on female weight reduction in American culture Confessing Excess analyzes contemporary dieting and the weight loss literature by taking up the themes of confession and surveillance Spitzack argues that dieting is characterized by confession of excess which women internalize and which necessitates ongoing surveillance or monitoring of the body Informal conversations and in depth interviews also juxtapose women s everyday dieting experiences with the discourse of dieting texts By evaluating the cultural construction of women in this manner the author illuminates the power strategies that offer self acceptance at the price of self condemnation      The Physician and Sportsmedicine ,1988-04      **Editor & Publisher** ,1918 Special features such as syndicate directories annual newspaper lineage tabulations etc appear as separately paged sections of regular issues      *The Cumulative Book Index* ,1989 A world list of books in the English language      *Dr. Kaplan's Lifestyle of the Fit and Famous* Eric Scott Kaplan,1998 A comprehensive guide to the formulas and principles of Fat Loss Exercise Vitamins Success and Happiness      *Forthcoming Books* Rose Arny,1988-09      **The Consumer Health Information Source Book** Alan M. Rees,Catherine Hoffman,1990 How can an award winning source book that helps consumers find health information be improved Health expert Alan Rees has done just that in his sixth edition by providing practical advice on using the Internet tips on where to find Spanish language health pamphlets and recommendations on what s most important in the world of alternative medicine The sixty edition provides users with an annotated guide to health related resources hotlines newsletters pamphlets Web sites CD ROMS magazines books and more Readers are given a description on each resource and how to best use it      **Newsweek** ,1987      **Print** Martha T. Mooney,1995 Excerpts from and citations to reviews of more than 8 000 books each year from 109 publications Electronic version with expanded coverage and retrospective version available see p 5 and p 31 Pricing Service Basis Books      **Being Healthy: Teacher's edition** Larry K. Olsen,1990

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