

SECOND EDITION

Rowing Faster

**Serious training for
serious rowers**



Volker Nolte
Editor

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Musings Edward L. Boye,2014-09-08 *Musings* is a collection of short easy reading essays dealing with the challenges of life Do we take certain beliefs for granted Are our beliefs distorted by hand me down thinking How can we respond to others with love acceptance and compassion Poetry and humor are interspersed throughout this book s invitation to contemplate a deeper spiritual awareness If the Beatitudes in the Bible were rewritten today would we find this one Blessed are they whose plans have been foiled for they shall be given the opportunity to see the world anew Readers are suggested to pick one essay a day Reflect on the deeper messages and chuckle with the lighter moments while you consider choices that can lighten the load of living

Secret Histories Kathleen Diffley,Caroline Gebhard,Cheryl Torsney,2025-03-15 The eighteen essays in this volume explore Constance Fenimore Woolson s prodigious range of place from the Great Lakes to the defeated South and across storied Europe to the Mediterranean Her achievements come alive in this enlightening collection shedding light on the full scope of her professional writing career The first section A Writer s Experiments reveals that Woolson s play with familiar genres and unfamiliar characters began during the 1870s and extended until she died in 1894 Consistently she tested the limits of representing women s labor and their erotic desires The second section Postbellum Souths follows Woolson s travels through a land ravaged by war and injustice Drawing on theories of travel collective memory the Lost Cause religious controversy and a race bound region these essays expose both the smugness of visitors and the agendas of residents that Woolson was among the first postwar writers to portray The third section Through an International Lens considers expatriate perceptions of European and Mediterranean cultures as well as misconceptions about the Gilded Age United States Here and throughout this volume accounts of Woolson s travel sketches mingle with those of her fiction and poetry while her encounters with the writing of other Americans demonstrate how regularly Woolson made her century s literary terrain more subtle and complex

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Masters Sculling Nancy Churchill,2020-09-01 Masters scullers range in age from Grade AA 21 in the US or Grade A 27 in the UK to Grade M 89 plus Although diverse in age these athletes all have one thing in common they are each unique This book partners with each individual athlete to achieve performance improvements based on their own aspirations technical skill and fitness level The focus is on understanding and

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The Mind's Eye: The Evolution of the Athlete's Skills and Consciousness Jimmy Joy,2009 The Mind s Eye describes a successful method in the implementation of a mental training program for rowers Under Jimmy Joy s guidance and direction countless rowers at all levels including the international and university level trained using an integral approach that develops the athletes skills and his consciousness This book is Jimmy s description of the specific processes involved in developing you or your athlete s ability to achieve Flow the sense of effortless in an activity and experience peak performance Amazon com *The Rower's Almanac 2006-2007* , *The Granta* ,1891 *Outing and the Wheelman* ,1902 *Atkinson's Evening Post, and Philadelphia Saturday News* ,1927 SCC Library has 1974 89 plus scattered issues **Rowing News** ,2000-09-21 Joshua Besaw, D. M,2001 Joshua set in Iran and Canada is an exciting engrossing and philosophic fiction embracing Jewish history Middle East politics apocalyptic beliefs and international espionage and terrorism as the millenium draws to a close It is a novel suited for the world we know today arising out of the terrorists attack of September 11 2001 in the USA Joshua is about Joshua Goldberger posted in Iran in 1999 to work on a hydropower development and of his physical journey of survival in a land where he is caught in an intricate web of espionage and escapes from Iran and embarks on a journey of self discovery

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