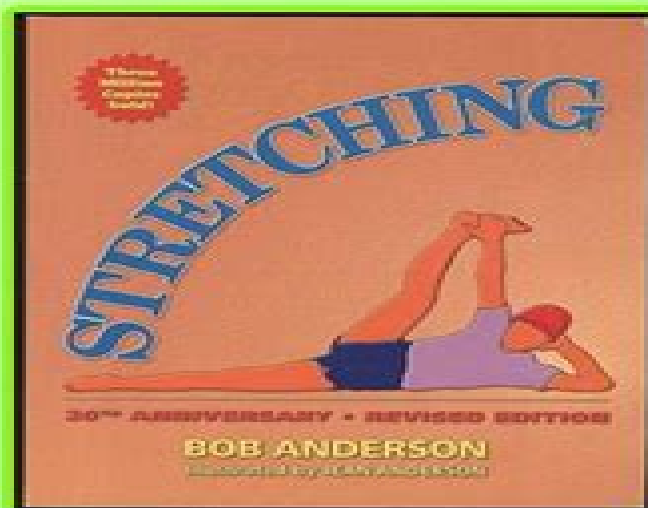


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Stretching 20th Anniversary Revised Edition

Jeff Galloway



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Stretching Bob Anderson, 2000 Illustrates stretching exercises designed to increase flexibility and help prevent injury and suggests specific stretch routines for a variety of sports *Stretching in the Office* Bob Anderson, 2002 Illustrates stretching exercises that can be done at the office to increase flexibility relieve sore muscles combat neck and back pain prevent carpal tunnel syndrome and reduce stress Getting Back in Shape Bob Anderson, Bill Pearl, Ed Burke, 2006-11-09 And special programs allow readers to exercise while at work or on the road The third edition of *Getting Back in Shape* includes a new section on running by Jeff Galloway Olympic athlete and author of the bestseller *Galloway's Book on Running* *Getting Stronger* Bill Pearl, 2005 Strength training for 21 sports General conditioning Body building **Marathon** Jeff Galloway, 2010 Details Jeff Galloway's walk run training methods including the new magic mile time trial fat burning techniques and adjustments in the weekly schedule to prevent injuries and improve performance Lighten Up! Loretta Laroche, 2010-05 Loretta LaRoche is sick to death of diets and diet books Not a day goes by without an article appearing in the media that reveals some food that could be harmful or helpful to our health Food has become either demonic or divine We've forgotten how to be in right relationship with one of the greatest pleasures we have in life eating As a result we're fatter than ever and more stressed out about being fat In this humorous and informative book Loretta cuts through the nonsense disclosing the wisdom she has accumulated from having gained and lost a tribe of people She also shares her expertise as an international stress consultant former aerobics instructor and owner of a wellness center Her eight surprising secrets for reducing weight and stress might surprise you as she leads you down the path of learning to eat well moving with joy and living a more balanced life Her greatest promise is that you will get into shape and have fun while you're doing it

Big Fat Lies Glenn Gaesser, Steven Blair, 2011-06-03 In this authoritative easy to read book Glenn Gaesser an exercise physiologist challenges the conventional wisdom that excess body fat poses a danger to health He explains that it is the fat in your diet not your weight that is harmful and presents scientific evidence of the benefits of body fat In addition Gaesser presents a 20/20 program for achieving optimal health and metabolic fitness through 20 minutes of daily moderate exercise and a complex carbohydrate eating plan This edition includes a new introduction and updated research Challenges the common beliefs that thin is best and weight loss improves health Pat Lyons author of *Great Shape* **Reversing Chronic Pain** Maggie Phillips, 2007-09-25 *Reversing Chronic Pain* offers a dynamic framework for joining body and mind to speed the healing of traumatic pain from the body level up Each chapter presents a body centered skill set that can be mastered through a broad menu of practice exercises The resulting interlinked somatic building blocks help readers shift from physical pain to body awareness and from unstoppable suffering to heartfelt connection and peace Building on the AIDS cocktail approach that reflects the fact that chronic pain is complex and no one tactic is likely to solve the problem renowned expert Maggie Phillips presents a 10/1 pain plan comprised of easy strategies based on somatic experience Even if the reader's pain

is perceived as a 10 at the onset of the program with 10 being intolerable the somatic building blocks help shift the pain one point at a time until it gradually diminishes to 1 or even zero Showing how the common professional interventions medication physical therapy acupuncture biofeedback may be more harmful than healing Reversing Chronic Pain stresses self treatment throughout involving sufferers in attaining lives not simply endured but actively enjoyed Integrative Therapies for Fibromyalgia, Chronic Fatigue Syndrome, and Myofascial Pain Celeste Cooper, Jeffrey Miller, 2010-02-05 A guide to coping with fibromyalgia myofascial pain and chronic fatigue syndrome Reveals how to deal with each disorder and how treatments can interact or aggravate if more than one disorder is present Offers techniques to dispel the side effects created by these illnesses Fibromyalgia chronic myofascial pain and chronic fatigue syndrome are often seen as interchangeable conditions a belief held even by many health care providers Nothing could be further from the truth however they do often coexist Knowing if more than one of these disorders is present is extremely important because the treatment for one of them can often exacerbate the problems caused by the others Written by a registered nurse and a psychologist who has been treating these conditions since 1994 this book presents an integrative medical approach to these three disorders with a strong emphasis on utilizing and strengthening the mind body connection to restore well being The authors provide a thorough guide to numerous treatment options from diet exercise and herbs to mindfulness meditation chi kung and nonsteroidal anti inflammatory drugs NSAIDs They also offer techniques to dispel the brain fog that these disorders often create and show how to overcome the resultant obstacles to effectively communicating with your doctor The additional information included on the psychological issues that accompany these chronic pain disorders allows this integrative treatment guide to open the door not only to physical recovery but also emotional and mental well being *Life Begins at Sixty* Joan Frentz, 2004-08

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