

A Guide To Better Movement The Science And Practice Of Moving With More Skill And Less Pain

Kelowna, BC is sometimes referred to as the "Palm Springs" of Canada, and the Okanagan Valley is often referred to as the "Napa Valley of the North." If you have ever wondered what it would actually be like to live in Kelowna, or anywhere in the Okanagan for that matter, then this book is your gateway to that reality. Moving To Kelowna is not a tourist guide, although certain portions could certainly be considered as such. Relocating to a new city can sometimes be a traumatic experience. Our goal is to provide newcomers with the objective information they will need so that their transition to Kelowna can be made with confidence. We do this by providing facts, and a few experienced opinions, about why so many people want to live here. Being armed with no-nonsense, well-researched information will make any newcomer's transition a more stress-free, fun and enjoyable one. Cities everywhere have their pros and cons, however it is rare to have the cons exposed in order to fully enlighten potential newcomers. We include not only the benefits of moving to Kelowna, but also the challenges because we believe that being honestly informed before relocating, will not only allow for a smooth transition, but will also produce happier citizens. Get Unbiased Answers to These, and Many More Important Questions - Is it true that Kelowna has a Sunshine Tax? - How do the local schools rank? - Will I be able to find a job? - Will my family be safe? - Is the weather really as good as they say? - Give me a break, what are the challenges to living in Kelowna? - Is there available and affordable daycare for my children? - Will I be able to access good healthcare when I need it? - How does the rental market compare to other cities in Canada? - Is Kelowna business friendly? - What are 'the' best things to do for fun in the area? We have analyzed research from hundreds of reliable sources to create this one-of-a-kind...no-nonsense guide. There is no other single source of information that tackles all of these questions on the minds of potential newcomers. The authors are two enthusiastic but realistic residents who have enjoyed life in Kelowna for more than 25 years. We have raised our families here, operated our businesses here, and we plan to retire here. We close our publication with the best business referrals that we could muster. These are trusted business people that will help you settle in once you arrive; and, they will give you a discount, to boot! If you want to make the most informed decision you can before relocating to Kelowna, then Moving To Kelowna is arguably the most convenient and valuable investment you can make.

Learn How to Move More Efficiently by Implementing These Simple Exercises Simple Strength is a book about developing efficiency of movement through practice and training of the three basic human movements, the push up, the squat, and the back bend. I believe training should be fun, challenging, and help you become a master of movement. Better Movement Learn how the three basic human movements can help you become an athlete that moves well across all outdoor sports that you do. Workouts in Less Time See how these movements can be implemented immediately and done quickly, saving you time so that you can do the things you really want to do. Videos and Photos included to Show you Exactly How to do Each Exercise There are over 100 variations of exercises in the book, with pictures of each exercise and select video demonstrations, all to help you achieve the best technique so that you can perform at your highest level. Sample Programs There are also sample programs included so that you can start implementing the exercises right away!

With 210 pages and over 300 photos, Yoga For Low Back and Hip Health is a step-by-step, visual guide of proven and easy to follow gentle yoga instruction. Relieve pain in the back and hips without drugs or surgery! "Low back and neck pain is an increasingly widespread and expensive condition worldwide, costing the US \$88bn a year-the third highest cost. How do the health condition-despite evidence most treatments do not work." - The Guardian So many people that carry the burden of life on their shoulders-literally. Add to that how much time we spend sitting at computers and the poor posture developed from prolonged smartphone use, and it's no wonder everyone's in pain! Written by private yoga instructor Cyndi Roberts, Yoga For Low Back and Hip Health teaches you how to safely practice restorative and gentle yoga poses at home to relieve pain in the following areas: Upper back Mid back Low back Sciatic nerve Piriformis syndrome Hips Inner thigh/groin Pelvis Yoga For Low Back and Hip Health provides in-depth and appropriate instruction for 43 restorative and gentle yoga poses specifically and thoughtfully put together. 15 practical and unique sequences are included for you to practice at home at your convenience, including over 300 high-resolution images to help you along. Cyndi provides the option of working with mantras and deep breathing exercises paired specifically to each pose for the most benefit. "As a bonus, readers will receive information about each of the 7 chakra energies and how specific poses help to awaken these often blocked or unbalanced energy spaces. Even if you don't suffer from back or hip pain, these poses and sequences help gently and effectively stretch the back body and hips to: Increase flexibility Realign the pelvis Strengthen weak muscles Provide relief from common aches and pains Maintain or improve the health of the joints Maintain or improve range of motion and circulation Increase energy levels Elevate mood and relieve sadness and depression Reduce anxiety Lower stress levels Release negative or stagnant energy and emotions Clear and balance chakra energies Millions of students around the world have benefited from the ancient practices of yoga, pranayama and relaxation. Now you can too!

Do you struggle to hold eye contact? Does it make you feel unconfident, uncomfortable, and self-conscious? Or do you just want to appear more charismatic and confident?Then Superhuman Eye Contact has the insightful tips and innovative exercises you need to become an eye contact expert - overnight.If you are bad at eye contact, people will assume that you are creepy or untrustworthy. If you are merely average at eye contact, you won't be negative, yet you won't be memorable either. But if you are SUPERHUMAN at eye contact, you will instantly make an impression and have people clamoring for your attention.All this is a result of eye contact? Absolutely.If the amount of eye-related phrases in our vocabulary is any indication, (the eyes are the window to the soul...) yes! Eyes are what people use as a guide to your overall character. Mastering eye contact is essential to becoming the person you've always wanted to be.What does and exercises to read of catching the essentials in body alignment by providing engaging explorations in body/mind awareness, the book offers a pathway to improve resilience and balance in action..

A Guide to Better Movement offers a clear and practical look at emerging science related to the brain's role in movement and pain. It is written for movement professionals, athletes, chronic pain sufferers, and anyone else interested in moving better and feeling better. In it, you will learn: the essential qualities of movements that are healthy and efficient; why good movement requires healthy "maps" in the brain; why life is sometimes more about self-perception than tissue damage or injury; the science behind mind-body practices; general principles that can be used to improve any movement practice; and 25 illustrated and simple movement lessons to help you move better and feel better.

The Science and Practice of Moving with More Skill and Less Pain

Truth Beyond the Matrix

The Systemic Approach to Human Movement

Optimal Aging

Dancing Through Life

Remember Who You Truly Are

A Lean Coffee Book

50 Ways to Achieve a Healthy, Pain-Free and Intelligent Body

Get Your Hands On 139 Health Tips Scientifically PROVEN to WORK (41 Of Them Are GUARANTEED to Surprise You!) From the best selling author, Linda Westwood, comes Health (4th Edition): 139 POWERFUL & Scientifically PROVEN Health Tips to Boost Your Health, Shed Pounds & Live Longer! This book will help you start changing your life and your health forever! If you are trying to lose weight, but can't see any results, but if you're constantly feeling tired, lazy, or lethargic throughout the day...or do you want to feel and look more healthy than you have in years... THIS BOOK IS FOR YOU! This book provides you with a HUGE 139 health tips that have been specially selected to powerfully work on your body in days, NOT weeks or months!(41 of them are also scientifically proven and guaranteed to surprise you!) It comes with tons of information, explanations of why the tips are recommended, and all the actionable steps that you need to implement the tips IMMEDIATELY into your life! If you successfully implement JUST A FEW of these health tips, you will... - Start losing weight without working out as hard - Begin burning all that stubborn fat, especially belly fat, thigh fat and butt fat - Say goodbye to inches off your waist and other hard-to-lose areas - Learn how you can live a healthier lifestyle without trying - Transform your body and mind in less than 3 weeks - Get excited about eating healthy and working out - EVERY TIME!

Transform a life of anxiety, uncertainty and frustration into one of peace, strength, purpose and joy For the first time, find in a single book the principal means of changing your consciousness and reshaping your brain, for an increasingly better life experience. Discover the power of your mind. In The 3T Path you'll find hundreds of time-tested and scientifically proven suggestions, facts and techniques for your growth and self-improvement. The 3T Path is a comprehensive system that works in multiple fronts at the same time, bringing your noticeable results in a short time. The 3T Path will bring about enormous personal transformation to help you resolve and transcend the challenges of life, maximizing your potential. The strength of The 3T Path lies in its use of ancient and powerful tools from the yoga tradition: Mindfulness Dharma Inner peace Knowledge Devotion All these together with lifestyle suggestions to maximize your potential, and finally, The 3T Method to keep your progress steady. If self-realization seems like something from another world to you, out of your day-to-day reality, this book will change your views. The 3T Path shows how spirituality must be totally integrated into our daily activities and is nothing more than the perfection of the art of living well here and now. This book will give you a new vision of God, of your spiritual nature and of the process of enlightenment, in a practical and lead to earth form. You'll see how spirituality will give you a clear advantage when dealing with everything in life, without you having to put aside your intelligence or common sense. This book is the result of decades of practice and research by the author, speaker and teacher of self-improvement and self-realization in yoga, Giridhari Das. He shows in this book how you can overcome your anxiety and frustration, how to find your purpose in life and guide your life day by day, the secrets of how to develop inner peace, how to use knowledge as an instrument of growth and enlightenment and the process of bhakti, the highest aspect of the path of yoga. This book will give you the tools to take control of your life experience.

A Guide to Revitalizing and Nurturing Your Optimal Health & Well Being for the Body, Mind, and Spirit Health (4th Edition) This is a must-read for anyone who is interested in improving their health and well-being. The book offers a comprehensive and practical approach to achieving optimal health and well-being. It covers a wide range of topics, including nutrition, exercise, stress management, and mental health. The author provides clear and concise information that is easy to understand and apply. This book is a valuable resource for anyone who wants to take control of their health and live a healthier, more fulfilling life.

The Busy Person's Guide to Easier Movement The Busy Person's Guide to Easier Movement from Frank Wildman Ph.D. will help you work and live with greater ease. Originally published in Germany, this title is the first Feldenkrais Method book to become a national bestseller. Now in English, it's finally available to many more readers worldwide. Feel better. Work more efficiently. Lower your stress. 50 easy lessons to more comfortable movement. Practical and common sense applications. Quick exercises with immediate results. Feldenkrais Method learning. Take it anywhere! Quickly learn how to obtain greater freedom in your middle back, shoulders, hips, knees, and jaw. Bend easier, reach with ease, improve your balance, and even find your optimal driving position. 188 pages, Intelligent Body Press, Berkeley"

An eye-opening journey into the power of human movement and how we can harness it to optimize our brain health, boost our mood and improve every aspect our lives For our earliest ancestors who hunted and gathered, movement meant survival. Our brains evolved to reward physical activity. Moving, thinking and feeling have always been inextricably linked. Yet what happens when we stop moving? Today, on average, we spend around 70% of our lives sitting or lying completely still. Our sedentary lifestyle—desk jobs, long commutes and lots of screen time—is not only bad for our bodies. It can also result in anxiety, depression and a lower overall IQ. But there's good news. Even the simplest movements can reactivate our bodies and open up a hotline to our minds, improving our overall well-being and longevity. And we don't have to spend countless hours in the gym. In fact, exercise as we understand it misses the point. Veteran science journalist Caroline Williams explores the cutting-edge research behind brain health and physical activity, interviewing scientists from around the world to completely reframe our relationship to movement. Along the way she reveals easy tricks that we could all use to improve our memory, maximize our creativity, strengthen our emotional literacy and more. A welcome counterpoint to the current mindfulness craze, Move offers a more stimulating and productive way of freeing our caged minds to live our best life.

Do you feel overwhelmed by all the stuff in your home? Is your home office a messy file drawer of papers? Do you want to get organized, but you do not know where to start? This book will help you look at your stuff differently and put you on the right track to get organized and stay organized, so you can better enjoy life. We will consider the real value of our possessions. Is "real value" a dollar amount? Or the usefulness of the item? Or how it makes you feel? There are many ways to consider an item's value, none of them right or wrong. Everything is relative in terms of what is really important to you, whether it be your time, your space, or your stuff.

This is an educational resource that will help massage therapists, physical therapists, chiropractors medical doctors, psychologists and other health professionals who care for people with musculoskeletal pain.

Gentle and Restorative Yoga to Relieve Chronic Low Back, Hip and Sciatic Nerve Pain De-stress, Find Balance, and More!

Yoga For Low Back and Hip Health

Real Value New Ways to Think About Your Time, Your Space & Your Stuff

How to Have Great Meetings

A No-Nonsense Guide

Excellence Lifestyle Guide & Workbook

A Guide to Understanding, Growing and Eating Phytonutrient-rich, Antioxidant-dense Foods. Vegetables

Remembering Joy

You were created for a lifestyle of excellence...not a life of mediocrity!And what's amazing is you're equipped with everything you need to make that lifestyle yours. You can reach your goals. You already have what it takes to be happy and successful right inside of you. ...so, why aren't you? Making changes is one of the hardest things any of us ever tries to do. It's so easy to get stuck, using strategies that don't work anymore and not knowing what to do to keeping moving in the right direction. If you're frustrated with where you are in your life... If you're tired of getting the same old results... If you're ready to do what it takes to create your life as you want it to be... Then, The Excellence Lifestyle Guide may be just what you're looking for. Discover how you can ' Stop counting on "luck" to get you where you want to go in life ' Start proactively doing what it takes to have more, do more and be more ' Take advantage of simple, effective principles for living the life of your dreams - principles they never taught you in school! You have tremendous control over the path your life is on but, like many people, you may not have any idea how to use it to your advantage! That's where The Excellence Lifestyle Guide can help. Author Jan Marie Mueller shares insights on many topics, including " How the world really works...and why people struggle achieving the success they desire " Why most people never achieve a life of excellence...and how you can be different " How to harness the amazing power of your thoughts to guide your life in the direction you want it to go " The importance of knowing who you really are - and what you can do to figure it out " How to master your mindset and use it to achieve the life of excellence you deserve to be living " The one key resource you need to succeed at anything - and how to get it (Tip: It's more important than either time or money!) " Three of the BIGGEST secrets to success...and much, much more! What you think and believe about yourself and the world around you defines your reality. Learning to effectively use the principles outlined in The Excellence Lifestyle Guide will help you transform your life in ways you've only dreamed of up until now. Everyone can have success. Everyone can enjoy the excellence lifestyle. If your life isn't quite where you believe it should be, Jan Marie challenges you to discover the secrets to becoming your best self and start putting the skills she shares to work in your life today. Life is too short for constant struggle and frustration. Use the principles inside this book to begin living the lifestyle of excellence you deserve! Scroll up and get your copy today!

This 100-page, illustrated activity book inspires and encourages positive thinking and mindful actions that lead to a healthy mind, body, and spirit. The all-age art therapy activities in "Energize Your Life" include: COLORING " AFFIRMATIONS " VISUALIZATION EXERCISES " JOURNALING " A SCAVENGER HUNT and much more! Turn your attention away from the external world in towards your own personal power by coloring dozens of line art illustrations. Positive affirmations scattered throughout the book deliver encouragement and reminders of self-worth. Lined pages offer plenty of room for a personal diary. Not sure what to write about? "Energize Your Life" provides a plenitude of suggestions. The book also contains activities to heal old wounds, as well as exercises that will reveal insights you may not have been aware of. Coloring and keeping a diary (at any age) are simple ways to find peace from within. Visit MyDreamsMatter.com for more inspirational fun!

Movement: Onstage and Off is the complete guide for actors to the most effective techniques for developing a fully expressive body. It is a comprehensive compilation of established fundamentals, a handbook for movement centered personal growth and a guide to helping actors and teachers make informed decisions for advanced study. This book includes: fundamental healing/conditioning processes essential techniques required for voice and movement training exercises for solo and group work, the authors aim to empower you the reader to unleash your extraordinary potential.

If you are looking for new ways to manage stress, improve mood, enhance creativity, increase mental focus, and sustain your overall sense of vitality in as little as 2 minutes, then this book is for you. In Genius Breaks, Dr. Suzie Carmack will teach you her easy 4-step system for designing your own mindful movement mini-breaks, so that you will know how to sneak self-care into your workday - even if you only have 2 minutes between conference calls. Now you can learn the same system that Dr. Carmack has shared with the Pan American / World Health Organization as a keynote wellness week speaker (2013-2015), and with over 2000 corporate wellness programs, K-12 educators, clinicians and yoga teachers worldwide. Learn more about how you and your team can move to well-being and join the Genius Break community at www.DrSuzieCarmack.com

A Real Guide from Real Experts on Getting the Job You Want!

Functional Awareness and Yoga

Uscolla

Simple Strength

On Purpose

Onstage and Off

Understanding the Earthly Programs of Limitations and Controls

An Anatomical Guide to the Body in Reflective Practice

Dancing through Life: A Guide to Living Well is a book that aims to empower people to be able to live well and takes an integrative approach to health & wellbeing. It is written by Ann Parkinson, who is a Physiotherapist & Coach, and she has also learnt to live well with pain herself. It is a combination of professional expertise, evidenced based practice and personal experiences. It is a practical guide that explores different aspects and concepts that can help you to look after your health and wellbeing. This book could be helpful for anyone who is struggling to live well due to a health condition and anyone who is interested in self-development. An overburdened healthcare system combined with a society that encourages us to always want more, to be striving for the next goal, show we are strong and can cope with things like less sleep and moving less, are some of the reasons why this book is needed. There are exercises throughout the book to aid learning and understanding as you read. These exercises include practices that could be used in a number of ways, including to: build greater awareness of mind and body; nurture compassion; manage stress; sleep better; move with more ease and play with movement; explore what's most meaningful and your core values as you are living in the world with these. The book contains information and practices to empower you to explore how you can make changes to support your long-term health & wellbeing and live authentically, aligned with your values. It is not intended to replace individual care and advice, if you are struggling please seek the help of a suitably trained professional.Reviews:Ann's experience of being both a person with persistent pain and a healthcare professional working with persistent pain shines into every corner of her new book. In the first instance Ann writes of empowerment. Wow, this sums up her entire approach. As a person in pain I find her style empowering, her information supportive all wrapped up in a kind approach. An approach to writing and communicating complex information on pain in an accessible format. The section on PACE's & SIM's is full of practical, achievable ideas. These are inspiring. A unique inspiration to finding a positive outlook for life. I'd say these nuggets of advice would be achievable and realistic for all life whether in pain or not.The personal story of Ann brings authenticity to her compassion and understanding of pain. As a person also in pain the most attractive part of Ann's writing is the interactive element. The inviting practices are a key element to living in a life with pain, but without suffering.The message that flows throughout is undeniably helpful; compassion, flexible persistence, movement and fulfillment. Ruth Barber, Yoga Teacher, living with pain.'Nobody asks to experience pain or ill health, yet we will all experience both at times in our life. For some, pain and other symptoms may persist and become a part of our life. In this book, Ann skillfully and compassionately outlines how it is possible to continue to live a fulfilling and meaningful life without the fight against symptoms that can sometimes take up all of our energy. The book brings together expertise in exercise and health with up to date neuroscience and the wisdom of ancient traditions. All of this diverse information is woven together in an accessible way to provide good advice from an author who has extensive experience of using the approaches that she outlines both with her own personal pain and that of people who seek her help. I would thoroughly recommend this book to anybody who is looking for a new way of negotiating life in the best way possible despite physical challenges - it is likely to provide you with new insights at each reading.' Dr Chris Penlington, Clinical Psychologist and Lecturer, Newcastle University.

Maybe you're a recent college graduate, looking for a successful start to your career. Or an experienced professional, feeling the need to try something new. Either way, a whole host of opportunities await you-but if you really hope to ace that interview and get the job you want, you'll need the right skills to get ahead. So when you're navigating the complex twists and turns of today's changing job market, let I'll Get That Job! serve as your road map and guide. Featuring advice from real HR professionals, headhunters, and team managers, this essential job-hunting companion will let you know exactly what you need to do to increase your chances, from social media presence to writing a great CV. While shedding light on the many myths and outdated "rules" that may actually hold you down in today's job-seeking experience, I'll Get That Job! serves as a source of motivation and encouragement for modern job hunters. After all, with hard work and the right mind-set, it really is possible for you to get that job you've always wanted-and become the most successful version of yourself along the way!

This book will help you to remember who you truly are, and to be your true, authentic self, in its entirety, to unlock the beautiful spirit and essence of you. You have a soul mission: it's time to wake up to it and fulfill your destiny and be everything you ever dreamed of being, your soul and spirit self really are, unafraid to shine in a world that all too often might seem might seek to undermine or limit you...You are filled with infinite possibilities and great gifts. Many of us are waking up from the illusion of fear, lower consciousness and vibration that we have been trapped in. Though times may be dark, the light can prevail and by holding on to our dreams and visions, we will emerge with a higher consciousness. We will shed all the restrictions of the past, and break the chains of the judgmental and fear-based systems which have ruled and limited our lives in so many ways, to take a jump and leap of faith and really be the full expression of our unique and special souls. "I really love this book. As soon as I started reading it, it felt like it was talking directly to my soul.... I believe Sally is a gifted soul on a mission to genuinely help & empower people. It is a book I will treasure!" "What a beautiful book; one that touches you and works on so many levels." "It doesn't matter where you are on your journey, in this book you will find something new, something to remind you of who and where you are, why you are following the path you have chosen and affirmation that you are not alone, the Universe is always supporting you. I found the book easy to read, to me the energy of the words just flow off the page, and hit the spot. Read it from cover to cover, dip in and out, the choice is yours and the book supports you in what ever way you wish to connect with it. Bursting with information and and workable ways to experiment and include in your spiritual practice. Sally has worked really hard to make this work appeal to as wider audience as possible and I feel she has pulled it off with a flourish. Well done Sally, when's the next one?" "I really love this book. As soon as I started reading it, it felt like it was talking directly to my soul and I felt curiously emotional. I believe Sally is a gifted soul on a mission to genuinely help & empower people. It is a book I will treasure & refer to when I am in need of uplifting"

This is a must-have for fitness professionals and enthusiasts. This unique muscle manual categorizes over 80 muscles into over 40 movements with medically accurate illustrations. Too many muscle manuals concentrate on muscle locations and origins and insertions, creating guides that emphasize an endless list of technical terminology with little functionality. The Movement Muscle Manual is a compact guide that categorizes muscles by the movements they facilitate. Therefore, the reader gains a much better understanding of how muscles assist and oppose each other to create a movement. The difference between good trainers and great trainers is often an in-depth understanding of functional anatomy - a deep understanding of how the body's structures relate to movement and training. Become the Expert!

Energize Your Life

Self-Improvement and Self-Realization in Yoga

The 3t Path

A Guide to Living Well

Stretch For Change

Genius Breaks

While We're Young

The Movement Muscle Manual

Joe Urbach, the creator and publisher of GardeningAustin.com and the Phytonutrient Blog provides readers with a how-to guide to growing and purchasing the most healthy, most nutritious, most antioxidant-dense fruits and vegetables. Offers gardening and nutritional information, including how to improve your soil, your garden, and your health, allowing you to get Smart Social Media. Life is the definitive hands-on guide on how to claim your share of the current social media marketing boom and how to build a lucrative business part-time by providing social media marketing services to businesses and entrepreneurs both locally and worldwide. This guide collects valuable lessons from current Social Media Managers and highlights YouTube. In Smart Social Media, you will discover: Why there is such a high demand for Social Media Managers and so many opportunities for the services they offer How you can start TODAY, even if you have no prior experience Expert advice on how to close a sale with your clients, charge top dollar, and increase your fees Expert advice on how to avoid common Social Media Manager can provide for a great lifestyle How to deliver effective and powerful Facebook, video marketing, and YouTube campaigns to grow your clients' businesses How to grow your own business through outsourcing and delegation Other online marketing services you can offer to your clients And much, much more... This is a step-by-step guide that build a successful social media marketing business for small businesses while living anywhere you want and serving clients all around the world.

Seven powerful principles for better, more careful movement--a Feldenkrais approach. More often than not, we move through life focused on results or where we're going, rarely paying attention to how we move until we experience pain or need to learn a new skill or perform at an elite level. But movement isn't just about getting things done or getting from here to there with action such that to change one part changes the whole. This book is written for those times when we don't need quick fixes, bandaids, or shortcuts to solve an immediate problem, but can instead dedicate time and attention to explore, laying the foundation to become experts in our own body and movement patterns for long-lasting positive growth. Moving balance stability and instability, increase power and precision, and explore our own movement using innate learning strategies. Written for practitioners, movement therapists, and somatic teachers and students, the curious athlete or casual learner will also find much to gain in learning the practical and accessible fundamentals of movement. Authors Lesley McLennan and Lisa Johnson balance instability and stability - How to move with ease and grace - The secrets of flexibility and support embedded in every musculo-skeletal system - How anxiety and cues that we consciously shape our individual developmental sequence - How qualities of movement are clues for your investigation - The special role of intra-abdominal pressure in our physical work - A critical read for any leader to understand our changing times. " Charles Adler, founder, Kickstarter. Discover how to thrive in an unpredictable world. Turn adaptability into a competitive advantage. An approach to innovation that challenges traditional change management theories with down-to-earth lessons, tips and actionable exercises.

Movement Integration

Awareness Through Movement

I'll Get That Job!

Moving from the Inside Out

Prague

A Guide to Your First 100 Years

The Sanctified Life

A paradigm-shifting, integrative approach to understanding body movement. The ability to move with efficiency and agility has been an essential component to our evolution and survival as a species. It has enabled us to find food, fight threats, flee danger, and flourish both individually and collectively. Our body's intricate network of bones, joints, internally and externally, drawing on expertise in physiotherapy, somatics, sports science, Pilates, and more. The authors assert that a more comprehensive understanding of movement is key to restoring the body's natural ability to move fluidly and painlessly. With over 150 images, the Movement provides a visual tool for understanding how joints interact with surrounding structures (rather than in isolation). This is an ideal book for physiotherapists, massage therapists, structural integrators, coaches, as well as yoga and Pilates instructors.

Movements don't need to be terrible. They can be the best place for us to connect with the people we work with and do great things. This book presents the Lean Coffee method which has since its inception in 2009 spread across the globe to radically shift the way people meet with each other.

The Gospels and Acts are composed of writings from St. Matthew, St. Mark, St. Luke, St. John and the Book of Acts. The purpose of which is to give you the spiritual lens that will enable you to see clearly what you fall to see using your physical lens. As you read this collection, try to see the three spiritual themes to it. Get a copy today.

There are countless books on the market about nutrition, diet, and exercise in isolation.Optimal Aging brings these topics together as they relate to the process of aging and the diseases which so often accompany it. Written by Jerrold Winter, Ph.D. a professor of pharmacology and toxicology and the author of True Nutrition True Fitness, it about health matters, offering evidence-based advice regarding nutrition, exercise, and the use of pharmaceuticals as they relate to dementia, obesity, diabetes, cancer, pain and other hazards of aging. Amid a sea of contradictory information about what's healthful, Optimal Aging stands out, delivering a comprehensive discussion about health references, illustrative anecdotes, and just the right dose of humor. Drawing from current scientific understanding and providing historical perspectives, Winter speaks sensibly about drugs and their effects, vitamins and minerals, exercise, weight control, and treatment of age-related symptoms and diseases. With this authoritative book in understanding of the disparate factors that come together to influence your well-being, setting you on the path to a longer, healthier, and happier life.

Health Exercises for Personal Growth

The Outdoor Athletes Guide to Better Movement

Your Guide to Becoming a Highly Paid Social Media Manager

Massage Therapy

The Gospels and Acts Book 2

How to Improve Your Change Fitness and Thrive in Life

Paris

Rise Above Now

For ages 3 to 5 years. With the city blanketed in a deep snow, Ryan's dad is worried about how he will get to work. However, four year old, Ryan, knows just what to do. With the help of his snow blower, snowplow, dump truck, front loader, and a train, he clears the streets so that his dad can safely get to work.

Journey to the Center of Prague! If European cities were a necklace, Prague would be a diamond among the pearls." Or maybe Claude Adémeé And there's no city in the world quite like Prague, Czech Republic! And for a limited time, Passport to European Travel Guides offers this comprehensive, yet quick and concise, 5-day guide to Prague-home to "Fred and Ginger"-among a few other things!" 5-Day Travel Guide to Unforgettable Czech Travel Have no idea where to start? Or Jean-Yves had some idea but could use a treasure trove of great insights? Well, read on! You see, we know your trip begins long before you even book the flight, so this guide is chock full of dynamic tips on everything you need to know

BEFORE you go-and much, much more you'll thank us for! Passport to European Travel Guides Features: * Dynamite Insider Tips-for tourists! We give you the scoop on everything from local etiquette to saving money! * 5-Day Suggested Itinerary-cover the best spots the city has to offer in 5 magical days! * Luxury Sleeps, Luxury Eats-our best recommendations for ultimate luxury in Prague * Budget Sleeps, Budget Eats-best spots for travelers on a budget * Map-of Prague * City Snapshot-language, currency, airports, country code + more! * Before You Go-there are some things you need to know! * Getting in the Mood-with a few great films and books to enjoy before you go! * Local Tourist Information-where to find it once you're on the ground in Prague * Overview-of Prague * Czech Phrases For Emergencies-least you'll know how to holler, "Help!" * Climate + Best Times to Travel-to Prague * All About Tours-By bike, boat, bus or special interest and walking tours + our top recommendations with links and more! * Prague Nightlife-the best bars, clubs, live music, theater and dancing * Lots more-we aim to get you in the know!

A Guide to Better MovementThe Science and Practice of Moving with More Skill and Less Pain

If you want better physical performance and health, and are frustrated with simplistic recipes or blueprints for guaranteed success, this book is for you. Playing with Movement is about helping you solve "movement problems," such as completing your first marathon, recovering from back pain, putting on more muscle, or improving your agility on the soccer field. These challenges can't be met with simple recipes because they are all complex, meaning they depend on interactions between many different individual factors - muscular, skeletal, physiological, psychological - and also social and environmental context. Play is a natural and intuitive behavior that helps animals explore different ways to solve complex problems. If you want to get better at a sport, find a sustainable exercise program, or even get out of pain, you will need to play with movement. Play means getting physically active in a way that is fun, curious, variable, and personally meaningful. All animals develop skill and fitness through play, not "working out." But the mainstream approach to training and therapy is all work no play. It is focused on movements that are boring, repetitive, planned, stressful and done only to accomplish some external goal. This stems from a reductive mindset that views the body as a machine that needs to be "fixed," instead of a self-organizing system that can grow, adapt and learn. This causes a wide range of common problems, including: Pain treatments that expensive, medicalized and ineffective. An obsession with correcting "dysfunctions" in posture and movement patterns that are in fact normal variations. Sport training that relies on repetitive drills, as opposed to varied games. Exercise programs that feel meaningless and dispiriting. For example, "going through the motions" alone on machines in the gym, versus interacting with friends outside while developing functional skills. The arguments in this book are not based in romantic feel-good reasoning, or nostalgia for sunny days at the park when we were children. They rely on a substantial body of evidence and theory pulled from diverse fields of study, including the sciences of play, complex systems, pain, motor control, exercise physiology, and psychology. They show that the best pathway to movement health is found not by tracking huge amounts of data or following a set of complicated algorithms, but by going on an adventure. If you want to take control of your movement health in a way that is fun, meaningful, and empowering, this book is for you.

Smart Social Media

Move

How to Radiate Confidence, Attract Others, and Demand Re

7 Principles for Ease and Mastery in Movement--A Feldenkrais Approach

A Guide to Better Movement

Inner Bridges

The Ultimate Guide to Functional Anatomy

A Guide to Energy Movement and Body Structure

Have you ever questioned life and wonder why you? Can you hear yourself saying, "Is there more to life than this?" I can identify this with you. Did you know? Our brain process approximately 70,000 thoughts on an average day. Often many wonder why so many give up and quit in life. In this book I will show you how to rise above mediocrity. No more settling for less than God's best and only fantasizing about your heart desires - Its time you Rise Above, Now.