

Deskbound Sitting Is The New Smoking

With a distinct visual format, Namaslay guides readers step by step through more than 100 yoga poses. The poses are broken down by experience level into a series of progressions and include modifications for those who can't quite achieve the full expression of a pose just yet. Full-color photos and tips on overcoming common mistakes help people get the most out of every pose. The book also features three 30-day yoga programs that focus on de-stress, core strengthening and back pain. Written with heart and humour, Namaslay is for anyone and everyone.

In the riveting true-crime novel (People), Texas Ranger Darren Mathews is on the hunt for a missing child—but it's the boy's family of white supremacists who are his real target. 8-year-old Levi King knew he should have left for home sooner; now he's alone in the darkness of vast Caddo Lake, in a boat whose motor just died. A sudden noise distracts him—and all goes dark. Darren Mathews is trying to emerge from another kind of darkness; after the events of his previous investigation, his marriage is in a precarious state of re-building, and his career and reputation lie in the hands of his mother, who's never exactly had his best interests at heart. Now she holds the key to his freedom, and he's not above a little maternal blackmail to press her advantage. An unlikely possibility of rescue arrives in the form of a case down Highway 59, in a small lakeside town where the local economy thrives on nostalgia for ante-bellum Texas - and some of the era's racial attitudes still thrive as well. Levi's disappearance has links to Darren's last case, and to a wealthy businessman, the boy's grandmother, who seems more concerned about the fate of her business than that of her grandson. Darren has to battle centuries-old suspicions and prejudices, as well as threats that have been reignited in the current political climate, as he races to find the boy, and to save himself. A Best Book of the Year New York TimesHouston ChronicleMPRAWall Street JournalMilwaukee Journal-SentinelBook PageFinancial TimesKirkusSheReadsSunday TimesLitHubGuardianBook RiotSouth Florida Sun SentinelLonglisted for the Orwell Political Fiction Book Prize

Improve your balance in just ten weeks without breaking a sweat As you age, stumbling blocks are everywhere: the bottom step, the roadside curb, and even the living room carpet. But you don't have to live in fear of falling. With Better Balance for Life, you will learn all-new, simple activities to help you build strength and increase flexibility to improve your balance! In this tenweek program, personal trainer Carol Clements shows you effortless moves to slide into your everyday routine. Already brushing your teeth? Try standing on one foot while touching the counter to build stability. Watching TV? Learn how to extend your toes and flex your ankle to develop more nimble feet—and greater mobility. With four new activities each week, building better balance is fun and easy. By the end, you, too, will be marching with your eyes closed!

What if your lack of mobility isn't due to your age, but simply the number of years you haven't been moving well? Dynamic Aging presents a new paradigm in senior fitness: your age isn't responsible for your lack of mobility; your habits are! In this powerful and effective guide to moving better, geared specifically for those 50-plus, biomechanist and movement teacher Katy Bowman details how readers can regain their balance, maintain their ability to drive, keep their feet healthy and functional, and regain mobility and reduce pain throughout their bodies. Bowman's exercises are straightforward, require no special equipment, and include modifications for readers of all fitness levels. To combat the idea of being "too old" to make great improvements, Dynamic Aging is filled with stories and advice from four septuagenarians who have been following Bowman's program for a decade, avoiding surgeries, eliminating pain, and regaining freedom and ease in their bodies they thought they had lost permanently to "old age." From hiking mountains to climbing ladders and walking on cobblestones with ease, each of these women embodies the book's message: No matter where you're starting, if you change how you move, you can change how you feel.

Comics for a Strange World

The Healthy Programmer

The First 20 Minutes

Overcoming Poor Posture

Rock Your Yoga Practice, Tap Into Your Greatness, & Defy Your Limits

Chair Yoga

The Golden Book of Springfield, Being the Review of a Book That Will Appear in the Autumn of the Year 2018, and an Extended Description of Springfield, Illinois, in That Year

Mental Training for Peak Performance and Optimal Experience

Chris and Heidi Powell, hosts and transformation specialists from the hit TV show, Extreme Weight Loss, now share their proven, life-changing, step-by-step guide for losing weight and keeping it off in their first co-authored book, Extreme Transformation. They are the hosts of television's most popular weight-loss documentary show, Extreme Weight Loss, and now the Powells provide a blueprint for changing your health in just 21 days. Whether you're looking to lose the baby weight, that last ten pounds, or several hundred, this is the program that can change your life forever. They share their most effective secrets for weight loss success through diet and exercise and go into detailed focus on how to develop a powerful, sustainable mental change to keep the weight off forever. With their help, readers will "see" the hidden path of transformation; be guided through fast and fun exercises; enjoy loads of recipes (both quick and gourmet) along with advice for food shopping, preparation, and more! With an incredible expansion of the Carb-cycling core that has driven Chris's first two national bestsellers, the Powells guide you from the very first step to reach your ideal weight and transition to lifelong maintenance-high-impact results in as little as three weeks.

Great athletes make difficult moves look effortless with a combination of skill, strength, and balance. Traditional conditioning builds a fitness base, but modern sports training takes into account athletic movement patterns. Athletic Body in Balance is the first guide of its kind to show you how to train for smooth, fluid movement and prevent muscle imbalances, mobility restrictions, stability problems, and injuries. Physical therapist and sports conditioning expert Gray Cook has proven the effectiveness of his approach through the performances of athletes in the NFL, NBA, NHL, WNBA, and Reebok® University's sports training system. Cook's methods will help you identify functional weaknesses; correct imbalances; explore your potential; and refine sport-specific movement skills such as jumping, kicking, cutting, and turning. You will see where conditioning is breaking down and how to get your body back on track. Whereas other books concentrate on maximizing your strengths, Athletic Body in Balance focuses on exposing and overcoming your weaknesses to form a foundation for long-term training gains. Learn how to maintain what you gain and build on your improvements. Make this comprehensive assessment tool your training guide. Prepare and repair your body for ultimate athletic performance with Athletic Body in Balance.

The definitive resource to brain-training for climbing-by an internationally recognized expert As physical as climbing is, it is even more mental. Ultimately, people climb with their minds—hands and feet are merely extensions of their thoughts and will. Becoming a master climber requires that you first master your mind. In Maximum Climbing, America's best-selling author on climbing performance presents a climber's guide to the software of the brain—one that will prove invaluable whether one's preference is bouldering, sport climbing, traditional climbing, alpine climbing, or mountaineering. Eric Hörst brings unprecedented clarity to the many cognitive and neurophysical aspects of climbing and dovetails this information into a complete program, setting forth three stages of mental training that correspond to beginner, intermediate, and elite levels of experience and commitment—the ideal template to build upon to personalize one's goals through years of climbing to come.

David Young's chillingly intricate Stasi Child was A London Times "Crime Book of the Month" and a Telegraph Pick of the Week. 1975: When Oberleutnant Karin Muller is called to investigate a teenage girl's body at the foot of the Berlin Wall, she imagines she's seen it all before. But she soon realizes that this is a death like no other before it—the girl was evidently trying to escape from West Berlin. As a member of the People's Police, Muller's power in East Germany only stretches so far. The Ministry for State Security, the Stasi, assures her the case is closed, all they need to know is the girl's name. Yet they strongly discourage her from asking questions. The evidence doesn't add up, and it soon becomes clear the crime scene has been staged. But this regime does not tolerate curious minds, and it takes Müller too long to realize that the trail she's been following may lead her dangerously close to home...

How the Material World Shapes Independent Kids

The Ultimate Guide to Resolving Pain, Preventing Injury, and Optimizing Athletic Performance

Make Your Story a Movie

Deskbound

The Miracle Pill

4-Minute Fit

Dynamic Aging

Atomic Habits

The clerk attended his desk and counter at the intersection of two great themes of modern historical experience: the development of a market economy and of a society governed from below. Who better illustrates the daily practice and production of this modernity than someone of no particular account assigned with overseeing all the new buying and selling! In Accounting for Capitalism, Michael Zakim has written their story, a social history of capital that seeks to explain how the "bottom line" became a synonym for truth in an age shorn of absolutes, grafted onto our very sense of reason and trust. This is a big story, told through an ostensibly marginal event: the birth of a class of "merchant clerks" in the United States in the middle of the nineteenth century. The personal trajectory of these young men from farm to metropolis, homestead to boarding house, and, most significantly, from growing things to selling them exemplified the enormous social effort required to domesticate the profit motive and turn it into the practical foundation of civic life. As Zakim reveals in his highly original study, there was nothing natural or preordained about the stunning ascendance of this capitalism and its radical transformation of the relationship between "Man and Mammon."

The #1 New York Times bestseller. Over 4 million copies sold! Tiny Changes, Remarkable Results No matter your goals, Atomic Habits offers a proven framework for improving—every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small habits to master their craft and vault to the top of their field. Learn how to:

- make time for new habits (even when life gets crazy);
- overcome a lack of motivation and willpower;
- design your environment to make success easier;
- get back on track when you fall out course; ...and much more.

Atomic Habits will reshape the way you think about progress and success, and give you the tools and strategies you need to transform your habits—whether you are a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight, reduce stress, or achieve any other goal.

The New York Times bestseller that explains how groundbreaking scientific discoveries can help each of us achieve our personal best Every week, Gretchen Reynolds single-handedly influences how millions of Americans work out. In her popular New York Times column, she debunks myths, spurs conversation, and stirs controversy by questioning widely held beliefs about exercise. Here, Reynolds consults experts in a range of fields to share paradigm-shifting findings that were previously only available in academic and medical journals, including:

- 20 minutes of cardio is all you need (and sometimes six minutes is enough)
- Stretching before a workout is counterproductive
- Chocolate milk is better than Gatorade for recovery
- Whether you're running ultramarathons or just want to climb the stairs without losing your breath, The First 20 Minutes will show you how to be healthy today and perform better tomorrow.

Every athlete who spends time in the weight room eventually deals with pain/injury that leaves them frustrated and unable to reach their highest potential. Every athlete ought to have the ability to take the first steps at addressing these minor injuries. They shouldn't have to wait weeks for a doctor's appointment, only to be prescribed pain medications and told to "take two weeks off lifting" or, even worse, to "stop lifting so heavy." Dr. Aaron Horschig knows your pain and frustration. He's been there. For over a decade, Dr. Horschig has been a competitive weightlifter, and he understands how discouraging it is to tweak your back three weeks out from a huge weightlifting competition, to have knee pain limit your ability to squat lifting for weeks, and to suffer from chronic shoulder issues that keep you from reaching your goals. Rebuilding Milo is the culmination of Dr. Horschig's life's work as a sports physical therapist, certified strength and conditioning specialist, and Olympic weightlifting coach. It contains all of the knowledge he has amassed over the past decade while helping some of the best athletes in the world. Now he wants to share that knowledge with you. This book, designed by a strength athlete for anyone who spends time in the weight room, is the solution to your struggles with injury and pain. It walks you through simple tests and screens to uncover the movement problem at the root of your pain. After discovering the cause of your injury, you'll be able to create an individualized rehab program as laid out in this book. Finally, you'll be on the right path to eliminate your pain and return to the activities you love.

The Office Fitness Book

A Karin Müller Thriller

Standing Up to a Sitting World

With a Guide to Abbreviation of Bibliographic References ; for the Guidance of Authors, Editors, Compositors, and Proofreaders

The Align Method

5 Movement Principles for a Stronger Body, Sharper Mind, and Stress-Proof Life

Draw Longer, Draw Stronger

Heaven, My Home

God's people were never meant to blend in. Instead, we're called to stand out from the crowd, and become a beacon of hope. But nothing dims our light more than conformity, when voices that once proclaimed truth began to quietly yield to a noisy world. Based on the books of 2 Kings and 2 Chronicles, this study offers an eye-opening look at the high price of conformity, and shares how we can stay distinct from our surroundings. Part of Dr. Warren W. Wiersbe's best-selling "BE" commentary series, BE Distinct has now been updated with study questions and a new introduction by Ken Baugh. A respected pastor and Bible teacher, Dr. Wiersbe examines how we can be salt and light to a world in desperate need of truth. You'll be encouraged to embrace your unique identity in Christ, and be challenged to rise above the world around you.

You'd better stand up for this bit of news. Sitting can wreak havoc on your health, and not just in the form of minor aches and pains. Recent studies show that too much sitting contributes to a host of diseases—from obesity and diabetes to cancer and depression—andliterally shortens your life. The facts are in: your chair is killing you. But there's good news. Dr. Kelly Starrett, physical therapist and author of the New York Times andWall Street Journal bestselling book Becoming a Supple Leopard—unveils how your sedentary lifestyle is killing you and more important, what you can do to change it.Deskbound offers a detailed battle plan for surviving the chair and reclaiming your birthright of mobility and freedom from pain. It provides creative solutions to reduce the amount of time you spend perched on your backside, as well as strategies for the workplace and school that will improve your productivity and your overall health. You will learn how to identify and fix poor posture while sitting and standing; how to prevent, treat, and resolve low back, neck, shoulder, and wrist pain; and avoid and reverse repetitive stress injuries like carpal tunnel and tendonitis. Whether your goal is to maximize your performance in and out of the workplace or simply to live pain free,Deskbound is the blueprint. Dr. Starrett provides a revolutionary cure for desk-death.

Our modern lives mean that most of us spend too long sitting, whether at our desks, watching TV, or travelling. Sit Strong highlights how everyone can strengthen their body and improve their flexibility to specifically counteract the risk of long hours spent sitting. The book is divided into body areas – Head & Neck, Upper Back & Shoulders, Arms, Lower Back & Bottom, Legs, and Full Body Exercises. Former nurse Harriet Griffey explains 50 practical step-by-step exercises that you can easily do at home, at work, or even on your commute – and concludes with a chapter on specialist help, which focuses on when and to whom you can go for help. This book will give you the knowledge and guidance to walk tall, stand straight, and sit strong. This work has been selected by scholars as being culturally important, and is part of the knowledge base of civilization as we know it. This work was reproduced from the original artifact, and remains as true to the original work as possible. Therefore, you will see the original copyright references, library stamps (as most of these works have been housed in our most important libraries around the world), and other notations in the work.This work is in the public domain in the United States of America, and possibly other nations. Within the United States, you may freely copy and distribute this work, as no entity (individual or corporate) has a copyright on the body of the work.As a reproduction of a historical artifact, this work may contain missing or blurred pages, poor pictures, errant marks, etc. Scholars believe, and we concur, that this work is important enough to be preserved, reproduced, and made generally available to the public. We appreciate your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant.

The Lifter's Guide to Fixing Common Injuries and Building a Strong Foundation for Enhancing Performance

Stasi Child

Dr. A's Habits of Health

Designed to Move

Surprising Science Reveals How We Can Exercise Better, Train Smarter, Live Longer r

The Practical Plan to Help Reverse Alzheimer's and Prevent Cognitive Decline

Better Balance for Life

Sit Strong

Go from surviving to thriving! If you've ever tried to lose weight only to gain it back, Dr. A's Habits of Health offers a life-changing breakthrough that shows you not only how to reach and maintain your healthy weight, but how to create a life of renewed vibrancy, health, and spirit all under the easy-to-follow guidance of one of America's most esteemed and compassionate practitioners of weight loss and optimal health. Join thousands of people worldwide who've gone from discouragement to confidence, from depletion to unimaginable vitality and discover how you can live better, happier, and healthier into your eighties, nineties, and beyond

Written by two physical therapists who have worked with thousands of people around the world, Overcoming Poor Posture is based on one simple idea: there is no such thing as perfect posture. No two bodies are alike, and we'll teach you how to find your own best alignment so you can live each day in health and comfort while performing your best in all the activities that matter to you. Instead of a painful issue to fix, you'll learn to think of your postural alignment as a dynamic component of how you sit, stand, and move in your body.

Designed to Move is a new content improve your athletic performance, extend your athletic career, reduce stiffness and achy joints, and prevent and rehabilitate injuries—all without having to seek out a coach, doctor, chiropractor, physical therapist, or masseur. In Becoming a Supple Leopard—shares his revolutionary approach to mobility and maintenance of the human body and teaches you how to hack your own movement, allowing you to live a healthier, more fulfilling life. This new edition of the New York Times and Wall Street Journal bestseller has been thoroughly revised to make it even easier to put to use. Want to truly understand the principles that guide human movement? Becoming a Supple Leopard lays out a blueprint for moving safely and effectively through life and sport. Want to learn how to apply those principles to specific movements, whether you are doing squats in the gym or picking up a bag of groceries? Hundreds of step-by-step photos show you not only how to perform a host of exercise movements, such as the squat, deadlift, pushup, kettlebell swing, clean, snatch, and muscle-up, but also how to correct the common faults associated with those movements. Frustrated because you can't perform a certain movement correctly due to range of motion restrictions? Breaking the body down into 14 distinct areas, Starrett demonstrates hundreds of mobilization techniques that will help you resolve restrictions and reclaim your mobility. Unsure how to put it all together into a program that addresses your individual needs? This updated edition lays out dozens of prescriptions that allow you to hone in on a specific limitation, a nagging injury, or an exercise fault that you just can't seem to get right. It even offers a 14-day full-body mobility overhaul. Performance is what drives us as human beings, but dysfunctional movement patterns can bring the human body to an abrupt halt. Often, the factors that impede performance are invisible even to seasoned athletes and coaches. Becoming a Supple Leopard makes the invisible visible. Whether you are a professional athlete, a weekend warrior, or simply someone wanting to live healthy and free from physical restrictions, this book will help you understand the factors that impede performance and how to correct them. Organize your spine and joints in optimal, stable positions Restore normal function to your joints and tissues Accelerate recovery after training sessions and competition Properly perform strength and conditioning movements like the squat, bench press, pushup, deadlift, clean, and snatch Build efficient, transferable movement patterns and skill progressions from simple to more advanced exercises Identify, diagnose, and correct inefficient movement patterns Treat and resolve common symptoms like low back pain, carpal tunnel, shoulder pain, and tennis elbow Prevent and rehabilitate common athletic injuries Use mobilization techniques to address short and stiff muscles, soft tissue and joint capsule restriction, motor control problems, and joint range of motion limitations Create personalized mobility prescriptions to improve movement efficiency

Printed in full color. To keep doing what you love, you need to maintain your own systems, not just the ones you write code for. Regular exercise and proper nutrition help you learn, remember, concentrate, and be creative—skills critical to doing your job well. Learn how to change your work habits, master exercises that make working at a computer more comfortable, and develop a plan to keep fit, healthy, and sharp for years to come. Small changes to your habits can improve your health—without getting in the way of your work. The Healthy Programmer gives you a daily plan of action that's incremental and iterative just like the software development processes you're used to. Every tip, trick, and best practice is backed up by the advice of top physical therapists, and numerous fitness experts. We'll review the latest scientific research to understand how being healthy is good for your body and mind. You'll start by adding a small amount of simple activity to your day—no trips to the gym needed. You'll learn how to mitigate back pain, carpal tunnel syndrome, headaches, and many other common sources of pain. You'll also learn how to refactor your diet to properly fuel your body without gaining weight or feeling hungry. Then, you'll turn the exercises and activities into a pragmatic workout methodology that doesn't interfere with the demands of your job and may actually improve your cognitive skills. You'll also learn the secrets of prominent figures in the software company who turned their health around by making diet and exercise changes. Throughout, you'll track your progress with a "companion iPhone app". Finally, you'll learn how to make your healthy lifestyle pragmatic, attainable, and fun. If you're going to live well, you should enjoy it. Disclaimer This book is intended only as an informative guide for those wishing to know more about health issues. In no way is this book intended to replace, countermand, or conflict with the advice given to you by your own healthcare provider including Physician, Nurse Practitioner, Physician Assistant, Registered Dietician, and other licensed professionals. Keep in mind that results vary from person to person. This book is not intended as a substitute for medical or nutritional advice from a healthcare provider or dietician. Some people have a medical history and/or condition and/or nutritional requirements that warrant individualized recommendations and, in some cases, medications and healthcare surveillance. Do not start, stop, or change medication and dietary recommendations without professional medical and/or Registered Dietician advice. A healthcare provider should be consulted if you are on medication or if there are any symptoms that may require diagnosis or medical attention. Do not change your diet if you are ill, or on medication except under the supervision of a healthcare provider. Neither this, nor any other book or discussion forum is intended to take the place of professional medical care or treatment provided by your healthcare provider. This book was current as of January, 2013 and as new information becomes available through research, experience, or changes to product contents, some of the data in this book may become invalid. You should seek the most up to date information on your medication and treatment from your health care professional. The ultimate decision concerning care should be made between you and your healthcare provider. Information in this book is general and is offered with no guarantees on the part of the author, editor or The Pragmatic Programmers, LLC. The author, editors and publisher disclaim all liability in connection with the use of this book.

Everyone knows that sitting down for long periods of time increases the risk of disability, diabetes and heart disease. Now you can do something about it with the help of Chair Yoga! With over 100 seated yoga poses Chair Yoga is the perfect handbook for office workers and older people who want to practice yoga. These simple exercises will help to strengthen and stretch your body whilst relaxing your mind and regulating your breathing. Divided into chapters organised by body part, celebrity yoga instructor Kristin McGee will guide you through each pose with step-by-step instructions and easy-to-follow photos Feel the mental and physical effects of chair yoga every day and embrace the calmer, healthier, happier you.

The Pain-Free Desk Warrior

Suggestions to Medical Authors and A.M.A. Style Book

A Book of Poorly Drawn Lines

Namaslay

Sitting Kills, Moving Lives

Fitness Science Explained
Science of Strength Training

Accounting for Capitalism

Feeling old? Always tired? Suffering from neck and back aches? Tried everything and nothing helps? You're not alone. "Desk Warriors" all over today's modern world suffer from the same problem. Busy work schedules, technology and sedentary lifestyles cause a huge portion of the general public to struggle with headaches, neck and back pain, low energy levels, mood swings and poor performance. The worst part of all? They think it's normal. I'm here to tell you it's not. If you are suffering from body aches and pain, this book is for you. If you've read every health book, tried every approach and found yourself losing hope and confidence in finding a solution, read this book. I've brought together over a decade's worth of health adjustment experience in helping people to overcome pain (permanently) to create the 6-step approach outlined in this book. No mysteries, no gimmicks; just a straightforward and practical guide to understanding the truth about pain and how you can get out of it. Specifically written for busy business owners, corporate professionals and executives to get out and STAY OUT of pain so you can work hard, play hard and leave fatigue and illness behind.

From building blocks to city blocks, an eye-opening exploration of how children's playthings and physical surroundings affect their development. Parents obsess over their children's playdates, kindergarten curriculum, and every bump and bruise, but the toys, classrooms, playgrounds, and neighborhoods little ones engage with are just as important. These objects and spaces encode decades, even centuries of changing ideas about what makes for good child-rearing--and what does not. Do you choose wooden toys, or plastic, or, increasingly, digital? What do youngsters lose when seesaws are deemed too dangerous and slides are designed primarily for safety? How can the built environment help children cultivate self-reliance? In these debates, parents, educators, and kids themselves are often caught in the middle. Now, prominent design critic Alexandra Lange reveals the surprising histories behind the human-made elements of our children's pint-size landscape. Her fascinating investigation shows how the seemingly innocuous universe of stuff affects kids' behavior, values, and health, often in subtle ways. And she reveals how years of decisions by toymakers, architects, and urban planners have helped--and hindered--American youngsters' journeys toward independence. Seen through Lange's eyes, everything from the sandbox to the street becomes vibrant with buried meaning. The Design of Childhood will change the way you view your children's world--and your own.

Dr. Ralph Mann is a pioneer in conducting sports research, and using these results to produce computer-based teaching technology. An authority in the field of Sport Biomechanics, Dr. Mann has become a leader in analyzing the performance of top amateur and professional athletes. A world class Track athlete himself, Dr. Mann won 5 national championships and 3 collegiate championships in the hurdles. He set the world record in the intermediate hurdles, was ranked number one in the world numerous times, and won several international titles. In the Munich Games, he won the Olympic Silver Medal in the 400 Meter Hurdles. In 1982, Dr. Mann was one of the six individuals that created the Elite Athlete Program that brought sports science to USA Track and Field. Since that time, he has served as the Director of the Elite Athlete Sprint and Hurdle Program. Essentially every elite sprinter and hurdler during this time period has been biomechanically analyzed, with the goal of understanding the characteristics of great sprinters and hurdlers. This information has been used to evaluate and improve the performance of virtually every US sprint/hurdle athlete since the program's inception. This book contains the findings of this unique effort.

Deskbound Standing Up to a Sitting World
Simon and Schuster

Get Up!

Unlocking Your Potential to Run Naturally
Simple Exercises for Whole-body Mobility

Rebuilding Milo

The Design of Childhood

Everyday exercises to stretch and strengthen your posture

The Mechanics of Sprinting and Hurdling

Ready to Run

"Scared Stiles" offers an antidote to "sitting disease," that surprising new affliction which results when we plop down on our derrieres for hours on end. It may not actually be "the new smoking," as so many headlines claim, but the consequences of our sedentary ways are definitely catching up with us. Fortunately, the remedy is straightforward: Develop better office fitness habits to sit less and move more. This book sets out the science behind "sitting disease" and shows you how to fight it. It also helps you cope with the muscle aches and pains and other discomfort that can result from a poor ergonomics set-up and sub-optimal posture. Ergonomics is all too often an annual ritual visit from someone in HR, or a one-time intervention when you get a new desk. Taking charge of your own ergonomics situation can help keep you comfortable and productive every day, not just in the few days after you get your new keyboard. Likewise, cultivating a little more postural awareness at work can keep you from curling up into that pillbug posture that so often comes with desk work. Naturally, exercise and movement are an important component of office fitness. The book shows you how to add more routine movement to your work day and how to do "no-sweat workouts" right at your desk, as well as home and gym workouts tailored to your unique needs as an office worker. Ideally, you want your new office fitness behaviors to become automatic, so there's a whole chapter that shows you how to turn them into habits. Like all of the book, the habit chapter draws on the latest research and best practices to give you an evidence-based action plan for staying fit and healthy at work.

In the summer of 1948, E.B. White sat in a New York City hotel room and, sweating in the heat, wrote a remarkable pristine essay, Here is New York. Perceptive, funny, and nostalgic, the author's stroll around Manhattan—with the reader arm-in-arm—remains the quintessential love letter to the city, written by one of America's foremost literary figures. Here is New York has been chosen by The New York Times as one of the ten best books ever written about the city.

The New Yorker calls it "the wittiest essay, and one of the most perceptive, ever done on the city."

\$50 Billion of Advice in One Book* Have you ever wondered why some books and stories are adapted into movies, and others aren't? Or wished you could sit down and pick the brains of the people whose stories have been adapted—or the screenwriters, producers, and directors who adapted them? Author John Robert Marlow has done it for you. He spoke to book authors, playwrights, comic book creators and publishers, as well as Hollywood screenwriters, producers and directors responsible for adapting fictional and true stories into Emmy-winning TV shows, Oscar-winning films, billion-dollar megahits and smaller independents. Then he talked to the entertainment attorneys who made the deals. He came away with a unique understanding of adaptations—an understanding he shares in this book: which stories make good source material (and why); what Hollywood wants (and doesn't); what you can (and can't) get in a movie deal; how to write and pitch your story to maximize the chances of a Hollywood adaptation—and how much (and when) you can expect to be paid. *This book contains the distilled experience of creators, storytellers and others whose works have earned over \$50 billion worldwide. Whether you're looking to sell film rights, adapt your own story (alone or with help), or option and adapt someone else's property—this book is for you.