

PILATES AT HOME



Act Practice Pilates At Home Tips

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The Juggling Act Peggy Edwards,Judy Turner,Miroslava Lhotsky,2002 After Peggy Edwards Miroslava Lhotsky and Judy Turner published their highly successful first book *The Healthy Boomer A No Nonsense Guide to Midlife Health for Women and Men* they embarked on a series of workshops with health professionals and men and women in midlife Like them the participants often found it almost impossible to juggle the responsibilities of midlife and still find time and energy for themselves Translating the principles of balance and good health into daily action is difficult and the authors knew from their seminars that participants were always pleased to hear stories of struggle and success from others It made sense they concluded to ask Boomers themselves the best ways to manage midlife To get a sense of common issues in midlife and possible coping strategies they sent out a questionnaire and conducted telephone interviews to draw out more in depth ideas The results are found in this book a collection of anecdotes quotes and wisdom from Boomers themselves In midlife we start to get in touch with the fact that our time on earth will not last forever and is precious This book provides a variety of ways of looking at this fact and of thinking about the choices ahead There are motivating stories from Boomers some such as Pamela Wallin known to many brief updates from the scientific world and interesting tidbits of information from the survey Star Observer Magazine August 2015 Elias Jahshan,2015-07-22 **The Conversion Equation** Terri Levine, PhD,2021-05-04 The Conversion Equation is a no nonsense guide for business owners to ensure their business gets more prospects closes more sales and makes more money immediately Times have moved on yet businesses haven t changed their sales and marketing Buyers are more knowledgeable and the traditional lead generation techniques of direct mail exhibitions telemarketing are no longer effective The days of persuasion selling are gone while 61% of business owners say lead generation is their top challenge Most businesses are doing marketing all wrong and wasting valuable time spending hard earned money and using up limited energy on marketing that is not proven and does not work In *The Conversion Equation* best selling author Dr Terri Levine shares a proven process that has grown 8 multi million dollar businesses for her personally and has helped more than

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