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The Greatest Speakers I Ever Heard/and What You Can Learn from Them! , Dottie Walters, Sep 1, 1994, Biography & Autobiography, 265 pages. .

Supertraining , Yuri Verkhoshansky, Mel Cunningham Siff, 2009, Sports & Recreation, 590 pages. The shock method \* The development of adaptation process during the long term sport activity \* The "compensatory adaptation" \* Current Adaptive Reserve of the human organism.

Maximum Muscle The No-BS Truth about Building Muscle, Getting Shredded, and Staying Healthy, Michael Matthews, Sep 15, 2012, Health & Fitness, . If you want to be muscular, lean, and strong as quickly as possible without steroids, good genetics, or wasting ridiculous amounts of time in the gym and money on supplements.

How to Eat, Move and Be Healthy! Your Personalized 4-Step Guide to Looking and Feeling Great from the Inside Out, Paul Chek, 2004, Health & Fitness, 255 pages. A book for anyone who wants to look and feel their best. How to Eat, Move and Be Healthy! contains a proven four-step program that has helped thousands achieve their health and.

Advanced Personal Training , Joseph P. Cannon, Ph.D., Sep 3, 2010, Sports & Recreation, . As a self-employed personal trainer and someone who certifies personal trainers, Joe Cannon has his finger on the pulse of what it takes to be a successful fitness professional..

Nutrient Timing The Future of Sports Nutrition, John Ivy, Robert Portman, 2004, Health & Fitness, 212 pages. Nutrient Timing is a Basic Health Books publication..

Conversations with millionaires what millionaires do to get rich, that you never learned about in school!, Mike Litman, Jason Oman, Robert Allen, 2001, Business & Economics, 240 pages. Discover the amazing secrets of nine successful self-made millionaires that can get you all the success and happiness you could ever want. Plus, these secrets can help you to.

Theory and Application of Modern Strength and Power Methods , Christian Thibaudeau, Mar 1, 2007, Health & Fitness, 160 pages. This second book by Coach Thibaudeau focuses more on the science of strength as well as the various methods you can use to boost your strength and power. A great tool for.

Manly Weight Loss For Men Who Hate Aerobics and Carrot-Stick Diets, Charles Poliquin, Kim David Goss, L. L. Dayton, Jun 1, 1998, Health & Fitness, 88 pages. Humorous, yet highly informative. The program is innovative, using weight training to achieve weight loss without the loss of lean

muscle tissue..

The Billy Butlin Story "a Showman to the End", Sir Billy Butlin, Peter Dacre, 1982, Businessmen, 287 pages  
Place Names of Hawaii , Mary Kawena Pukui, Samuel H. Elbert, Esther T. Mookini, Jan 1, 1974, Foreign Language Study, 289 pages. How many place names are there in the Hawaiian Islands? Even a rough estimate is impossible. Hawaiians named taro patches, rocks, trees, canoe landings, resting places in the  
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Green Wood for the Garden 15 Easy Weekend Projects Using Freshly Cut Wood, Alan Bridgewater, Gill Bridgewater, 2002, Crafts & Hobbies, 80 pages. Green wood is easy to cut, bend, and shape, making it wonderful for producing rustic-style furniture and other outdoor fixtures. This comprehensive guide to carpentry using Dragons of Autumn Twilight , Margaret Weis, Tracy Hickman, 2000, Fiction, 444 pages. Dragons from the distant past gather to engulf the world of Krynn in war Ask Coach Poliquin: The Best Q&A Columns from Over Two Decades Poliquin Performance Center, 2011 British Snails A Guide to the Non-marine Gastropoda of Great Britain and Ireland, Pliocene to Recent, Arthur Erskine Ellis, 1926, Gastropoda, 275 pages On the night that Arlyn Singer's father dies, she is certain her destiny will find her. Some hours later a young man shows up at her door. Lost in a strange town, John Moody is.

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The Door in the Wall and Other Stories , Herbert George Wells, Jan 1, 2005, Fantasy fiction, English, 111 pages. The re-publishing, in paperback, of a collection of short stories by the man often referred to as the father of modern science fiction, H.G. Wells

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The One That Got Away , Chris Ryan, May 4, 2009, History, 416 pages. The SAS mission conducted behind Iraqi lines is one of the most famous stories of courage and survival in modern warfare. Of the eight members of the SAS regiment who set off

Advances in Advertising Research (Vol. 1) Cutting Edge International Research, Ralf Terlutter, Sandra Diehl, Shintaro Okazaki, Jun 25, 2010, Business & Economics, 412 pages. The goal of the book is to advance more systematic research in the fields of advertising and communication from an international perspective.

Renowned communication researchers

Meriwether Lewis of Lewis and Clark , Charles Morrow Wilson, 1934, Lewis and Clark Expedition, 305 pages  
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The Selected Poetry of Guido Cavalcanti A Critical English Edition, Guido Cavalcanti, 2009, Literary Criticism, 193 pages. Cavalcanti is a key figure in the development of Italian poetry, and a fascinating character in the shadow of his contemporary and friend Dante Alighieri. Cavalcanti also has New Cthulhu The Recent Weird, Paula Guran, 2011, Fiction, 520 pages. Features twenty-seven short stories published in the twenty-first century that were inspired by H.P. Lovecraft's works

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Trade in Health Services Global, Regional, and Country Perspectives, Nick Drager, Cesar Vieira, 2002, Medical, 226 pages. This publication gathers some of the papers presented at the Inter-Regional Meeting on Health and Trade: Toward the Millennium Round organized by the Pan American Health Robinson Crusoe , Daniel Defoe, Jun 16, 2010, , 200 pages

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The Science of Hysteresis: Physical modeling, micromagnetics, and., Volume 2 , Giorgio Bertotti, I. D. Mayergoyz, 2006, Hysteresis, 648 pages. This second volume of 'The Science of Hysteresis' covers physical models of magnetic hysteresis and related topics of magnetization dynamics. In this volume, random-field Ising

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Beadwork , Michelle Powell, Aug 11, 2008, Juvenile Nonfiction, . Introduces the history of beads and different tools needed for beadwork, then provides step-by-step instructions for ten beaded crafts, including a suncatcher, a key ring, and

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