

Tunturi Stepper Guide

A singing frog reluctantly babysits a duck egg in this sweetly hilarious picture book from the brilliant mind that brought you The Fantastic Flying Books of Mr. Morris Lessmore. While egg-sitting for his friend Kack Kack the duck, Bently Hopperton the frog is so bored that he cannot resist painting the egg’s shell. But when the decorated egg is mistaken for an Easter egg and is egg-napped, Bently discovers that he has in fact, grown terrifically fond of that ole egg. Can he rescue the egg before it’s too late? An homage to fatherhood, and the appreciation of well art.

Business Communication: Process and Product, brief edition takes students through a well developed, consistently applied approach to communication that is combined with integrated application of current and emerging business technologies. Students learn a process for solving future communication problems, and how to use the Internet and electronic media to deliver their messages, resulting in a tangible communication strategy they can use throughout their careers.NETA TestbankThe Nelson Education Teaching Advantage (NETA) program delivers research-based resources that promote student engagement and higher-order thinking and enable the success of Canadian students and educators. This book’s premium testbank is designed to ensure top quality multiple-choice testing by avoiding common errors in question and test construction. If you want your students to achieve “beyond remembering”, ask your Nelson Sales Representative how today!
ACSM’s Health/Fitness Facility Standards and Guidelines, Fourth Edition, presents the current standards and guidelines that help health and fitness establishments provide high-quality service and program offerings in a safe environment. This text is based in large part on both the work that has begun through the NSF International initiative to develop industry standards to serve as the foundation for a voluntary health and fitness facility certification process and the third edition of ACSM’s Health/Fitness Facility Standards and Guidelines. The ACSM’s team of experts in academic, medical, and health and fitness fields have put together an authoritative guide for facility operators and owners. By detailing these standards and guidelines and providing supplemental materials, ACSM’s Health/Fitness Facility Standards andGuidelines provides a blueprint for health and fitness facilities to use in elevating the standard of care they provide their members and users as well as enhance their exercise experience. The fourth edition includes new standards and guidelines for pre-activity screening, orientation, education, and supervision; risk management and emergency procedures; professional staff and independent contractors; facility design and construction; facility equipment; operational practices; and signage. This edition includes these updates: •Standards and guidelines aligned with the current version of the pending NSF International health and fitness facility standards •New guidelines addressing individuals with special needs •New standards and guidelines regarding automated external defibrillators (AEDs) for both staffed and unstaffed facilities •Revised standards and guidelines to reflect changing directions and business models within the industry, including 24/7 fitness facilities, medically integrated facilities, and demographic-specific facilities •New standards and guidelines to better equip facilities that are dealing with youth to ensure the proper care of this segment of the clientele With improved organization, new visual features, and additional appendices, the fourth edition offers a comprehensive and easy-to-use reference of health and fitness facility standards and guidelines. Readers can readily apply the information and save time and expense using over 30 templates found within the appendices, including questionnaires, informed consent forms, and evaluation forms. Appendices also contain more than 30 supplements, such as sample preventive maintenance schedules, checklists, and court and facility dimensions. Included in appendix X is Blueprint for Excellence, which allows readers to search efficiently for specific information regarding the standards and guidelines within the book. Health and fitness facilities provide opportunities for individuals to become and remain physically active. As the use of exercise for health care prevention and prescription continues to gain momentum, health and fitness facilities and clubs will emerge as an integral part of the health care system. The fourth edition of ACSM’s Health/Fitness Facility Standardsand Guidelines will assist health and fitness facility managers, owners, and staff in keeping to a standard of operation, client care, and service that will assist members and users in caring for their health through safe and appropriate exercise experiences.

The Essential How-To Guide for Social Media Marketing by Leading Expert Shama Hyder, Named “Social media’s zen master of marketing” by Entrepreneur magazine and One of LinkedIn’s “Top Voices” in Marketing & Social in 2015 In 2001, at the dawn of the millennium—and the digital marketing age—the first edition of The Zen of Social Media Marketing became a global hit. In the ensuing years, updated editions helped even more marketers, entrepreneurs, students, and professionals of all types navigate the sometimes-stressful world of social media. Now, this new, fully updated edition offers timely insight to the ways social media marketing has changed and specific steps to show you exactly how to thrive and profit with ease and efficiency. Whether you’re a novice, struggler, or mastery-seeker, you already know that engaging in social media is no longer optional. People are talking about your company online and you need to be part of those conversations. However, social media marketing isn’t like traditional marketing—and treating it that way only leads to frustration and failure. In The Zen of Social Media Marketing, Shama Hyder, social media expert and president of The Marketing Zen Group, teaches you the “Zen” of using social media tools to find your own marketing nirvana. The newest edition of The Zen of Social Media Marketing gives you: - A comprehensive overview of why social media works and how to use it to drive traffic to your website and fan page - A step-by-step process to attract followers and fans and convert them into customers and clients - The latest social media trends and step-by-step guidelines for sites and apps such as Instagram, Pinterest, Snapchat, and more - Innovative tips for mobile design - Essential advice on content marketing, email marketing, video, and targeted tactics to enhance your SEO - All-new information on why, when, and how to use online advertising - Why self-expression is the true driver of social media use and how to leverage it for your business - Insights from dozens of leading online marketers and entrepreneurs, with strategies for success

Jumping for Health

Banish Your Belly, Butt and Thighs Forever!

Valuation Workbook

Swordmage

Bently & Egg

A Practical Guide

The Global Supply Chain

This text from the American College of Sports Medicine (ACSM) contains information necessary to develop skills for assessing an individual’s health-related physical fitness. It provides the reader with a practical “how-to-do-it” approach for performing these assessment skills effectively, and an understanding of the theory behind and the importance of each skill or assessment. Reported errors associated with each test are also given, and a step-by-step instruction of the skills is provided in order for the reader to gain proficiency through practice. Illustrations and tables supplement the text and enhance learning.

Contents: (1) Intro.; (2) What are Rare Earth Elements (REE); (3) Major End Uses and Applications: Demand for REE; The Application of REE in National Defense; (4) Rare Earth Resources and Production Potential; Supply Chain Issues; Role of China; (5) Rare Earth Legislation in the 111th Congress: H.R. 4866, and S. 3521, the Rare Earths Supply-Chain Technology and Resources Transformation Act of 2010, H.R. 5136, the FY 2011 Nat. Defense Authorization Act; P.L. 111-84, the FY 2010 Nat. Defense Authorization Act; (6) Possible Policy Options: Authorize and Appropriate Funding for a USGS Assessment; Support and Encourage Greater Exploration for REE; Challenge China on Its Export Policy; Establish a Stockpile. Illustrations.

An accessible, introductory text explaining how to select, set up and use optical spectroscopy and optical microscopy techniques.

Damage to the central nervous system resulting from pathological mechanical loading can occur as a result of trauma or disease. Such injuries lead to significant disability and mortality. The peripheral nervous system, while also subject to injury from trauma and disease, also transduces physiological loading to give rise to sensation, and mechanotransduction is also thought to play a role in neural development and growth. This book gives a complete and quantitative description of the fundamental mechanical properties of neural tissues, and their responses to both physiological and pathological loading. This book reviews the methods used to characterize the nonlinear viscoelastic properties of central and peripheral neural tissues, and the mathematical and sophisticated computational models used to describe this behaviour. Mechanisms and models of neural injury from both trauma and disease are reviewed from the molecular to macroscopic scale. The book provides a comprehensive picture of the mechanical and biological response of neural tissues to the full spectrum of mechanical loading to which they are exposed. This book provides a comprehensive reference for professionals involved in pre prevention of injury to the nervous system, whether this arises from trauma or disease.

Tropical Plant Science

Ketogenic Metabolic Therapy as a Targeted Nutritional Strategy

Catalog of Sears, Roebuck and Company

How to Spend Less Time and Learn More Material

Reproducibles

An Easier Way to Build Credibility, Generate Buzz, and Increase Revenue

ACSM’s Resources for the Health Fitness Specialist

Metaphysics and Hermeneutics in the Medieval Platonic Tradition consists of twelve essays originally published between 2006 and 2015, dealing with main trends and specific figures within the medieval Platonic tradition. Three essays provide general surveys of the transmission of late ancient thought to the Middle Ages with emphasis on the ancient authors, the themes, and their medieval readers, respectively. The remaining essays deal especially with certain major figures in the Platonic tradition, including pseudo-Dionysius the Areopagite, Iohannes Scottus Erigena, and Nicholas of Cusa. The principal conceptual aim of the collection is to establish the primacy of hermeneutics within the philosophical program developed by these authors; in other words, to argue that their philosophical activity, substantially albeit not exclusively, consists of the reading and evaluation of authoritative texts. The essays also argue that the role of hermeneutics varies in the course of the tradition between being an integral component of metaphysics itself. In addition, changes in the status and application of hermeneutics to metaphysics are shown to be accompanied by a shift from emphasizing the connection between logic and philosophy to emphasizing that between rhetoric and philosophy. The collection of essays fills in a lacuna in the history of philosophy in general between the fifth and the fifteenth centuries. It also initiates a dialogue between the metaphysical hermeneutics of medieval Platonism and certain modern theories of hermeneutics, structuralism, and deconstruction. The book will be of special interest to students of medieval philosophy, theology, history, and literature.

‘Like Muir himself, Essential Muir packs an astounding range of experience into a lithe frame: ecstatic yet scientific descriptions of Yosemite; the heartrending tale of that ‘wee, hairy, sleekit beastie,’ Stickeen; reflections on the society of Eskimos;Muir’s touching tribute, after a lifetime of wonder, to the mighty baobob trees of Africa; and more. Fred D. White’s selection from Muir’s writings, and his illuminating commentary, reveal the coherence and drama of a remarkable life: new readers will understand why Muir has become an American icon, and readers who have read his work will be delighted with this fresh look. Muir’s fierce love of all of nature, from squirrels to glaciers (but perhaps not sheep), continues to inspire us nearly a century after his death.’--Book jacket

Yoga, kickboxing, spinning, weights, cardio machines: the gym can leave novices bewildered! What is all that equipment for--and how do you use it? This survival manual is the antidote to gym confusion. It shows newcomers the ropes, serving up savvy advice that will get them fearlessly on the road to becoming healthier, slimmer, and stronger. From an overview of membership types (including questions to ask before signing) to help on determining your goals, from creating a well-rounded fitness program to thoroughly illustrated explanations of every type of equipment, this volume has it all. There's information on resistance, cardiovascular, core, and flexibility training, as well as descriptions of the different gym areas. You'll even find a 'Code of Gym Conduct.'

One of the healthiest things you can do for yourself. Exercise!

ACSM’s Resources for Clinical Exercise Physiology

Mental Skills for Physical People

Keto for Cancer

Irishness and Womanhood in Nineteenth-century British Writing

Neural Tissue Biomechanics

Blades of the Moonsae

Differential Equations

Brad Alan Lewis’ determination to win an Olympic medal had taken over his life by 1984. He would be too old for the 1988 Games and his spot on the 1990 team had been lost to world politics. Only 1984 remained. But Lewis had a problem. Emotionally crushed after losing a guaranteed spot on the team by nine-tenths of a second in the single scull trials, Lewis went to the dreaded Olympic selection camp, where he hoped to earn a place in a national team boat. Again he failed. Lewis refused to be denied. He teamed up with Paul Enquist, who had been cut from the national team. It was their last chance to compete in the Los Angeles Olympic Games. Using innovative psychological and physical training techniques developed by Lewis, they defeated the national entry at the double scull trials, three weeks after being considered failures by the system. In an event dominated by the Europeans, they won the first United States gold medal in rowing since 1964 and the first in the double scull since 1932. Lewis’ story is more than a book about a man winning a gold medal in a sport that offers little more than personal reward and working outside of an established system. Assault on Lake Castias is a compelling tale of competition at the highest possible level and the emotions that fuel obsession.

Using Lady Morgan’s The Wild Irish Girl as his point of departure, Thomas J. Tracy argues that nineteenth-century debates over what constitutes British national identity often revolved around representations of Irishness, especially Irish womanhood. He maps the genealogy of this development in fiction, political discourse, and the popular press, from Edgeworth’s Castle Rackrent through Trollope’s Irish novels, focusing on the pivotal period from 1806 through the 1870s.

For real women! No more fad diets, frantic gym visits, and fastidious calorie counting. Here is the book that will show you how to lose weight and shape up and tone your trouble spots regardless of how hectic a life you lead. Banish Your Belly, Butt, and Thighs Forever! provides hundreds of ways for you to schedule in exercise painlessly, reduce the calorie content of your meals without giving up taste, and create healthier-- yet still realistic-- daily routines. Invite simple strategies, small changes, and a firmer, fitter body into your future.

"Having been born a freeman, and for more than thirty years enjoyed the blessings of liberty in a free State--and having at the end of that time been kidnapped and sold into Slavery, where I remained, until happily rescued in the month of January, 1853, after a bondage of twelve years--it has been suggested that an account of my life and fortunes would not be uninteresting to the public." -an excerpt

Social Lives of Dolphins

Consumers Index to Product Evaluations & Information Sources

Institutional Buying Guide

Step-by-Step Exercises and Tests to Help You Master Valuation

ACSM’s Health/Fitness Facility Standards and Guidelines

A Novel

This Second Edition is designed to provide a resource for exercise clinicians working with patients suffering from a wide variety of chronic diseases and disabilities beyond cardiovascular and pulmonary disease, including orthopedic, neurologic, metabolic, musculoskeletal, neoplastic, and immunodeficiency conditions. Following the authors’ expert advice and illustrative case studies, readers will learn how to work with these often underserved populations by providing them with exercise evaluation, prescription, supervision, and modification. This text will be of interest to physical therapists, exercise scientists, and fitness professionals. A companion Website will offer the fully searchable text and interactive quizzes.

The first in The Wolf Chronicles trilogy, brilliantly weaving together original research, lovable characters and a dynamic, thoroughly engaging plot. Promise of the Wolves is a historical adventure story in the tradition of Clan of the Cave Bear and Watership Down. Set 14,000 years ago in what is now Southern Europe, Promise of the Wolves is told from the point of view of Kaala, a young wolf born of a forbidden, mixed-blood litter. An outcast after her mother is exiled, Kaala struggles to earn her place in her pack. But from drowning, Kaala and her young packmates begin hunting and playing with humans—risking expulsion from their pack and banishment from their home in the Wide Valley. When war between humans and wolves threatens, Kaala learns that she is the last in a long line of wolves charged with keeping watch over humans in order to prevent them from losing touch with nature and thus destroying the world. But to do so she must solve the great paradox of wolKind: though wolves must always be with humans, humans must never be with wolves.

Together, war ensues. Kaala must choose between safety for herself, her friends, and their human companions and the survival of her pack—and perhaps all of wolf and humankind.

Designed as a grammar/mechanics text, this fast-paced, economical text/workbook develops proficiency in grammar, punctuation, usage, and style. With the assistance of Dean Elizabeth Tice at the University of Phoenix, co-authors Mary Ellen Guffey and Carolyn M. Seefer have produced an accelerated refresher course guide aimed at motivated students. Essentials of College English is a no-frills grammar/mechanical review that combines value with authoritative coverage.

Ladybugs, snails, and butterfly! Oh my! This charming introduction to ten garden bugs, paired with friendly text and bold, basic patterns, provides a great high-contrast experience for young developing eyes. Newborns cannot fully recognize colors, so the sharp contrast between black and white patterns and illustrations allows babies to follow along and make connections to the real world, an important building block for communication skills. Using simple greetings like “Hello, bumblebee” and “Good to see you, dragonfly,” this board book is perfect for babies just beginning to look around and learn about their world. Featured in Omnivoracious. Also available: Hello, Baby Animals and Hello, Ocean Friends. Coming soon: Hello, My World.

Cool Kids - A Proactive Approach to Social Responsibility

The Real Woman’s Guide to Body Shaping & Weight Loss

Optical Measurements for Scientists and Engineers

Rare Earth Elements

30 Minutes a Day for a Healthier Body, Mind and Spirit

Consumers Index to Product Evaluations and Information Sources, 1994 Annual

Discover a whole new realm of adventure! When a wandering swordmage, trained by the elves of Myth Drannor, returns to his boyhood home on the windswept shores of the Moonsae, he finds that corruption has taken hold, leaving his friends and family open to a devastating evil. Swordmage was the first novel to fully embrace the exciting new elements from the next edition of the Dungeons & Dragons game. This paperback resize releases fresh on the heels of the Forgotten Realms Campaign Guide, and showcases a major revision to the Forgotten Realms world that has fans buzzing.

This handbook provides a step-by-step approach to using metabolic equations, from basic math principles to applying the equations to an exercise plan. Chapters focus separately on each equation, provide an easy-to-follow process of solving, and demonstrate the varied uses of the equation in clinical as well as fitness settings. Each chapter includes a set of problems that focus on real-world applications of the equation. Step-by-step problem solution explanations are provided at the end of each chapter. A comprehensive exam at the end of the book tests the reader’s skill in using the equations.

Exercise Physiology Laboratory Manual is a comprehensive resource for instructors and students interested in practical laboratory experiences related to the field of exercise physiology. This program can be used as both a standalone lab manual or as a complement to any exercise physiology textbook. Students will come away with thorough instruction on the measurement and evaluation of muscular strength, anaerobic and aerobic fitness, cardiovascular function, respiratory function, flexibility, and body composition.

This book illustrates how MAPLE can be used to supplement a standard, elementary text in ordinary and partial differential equation. MAPLE is used with several purposes in mind. The authors are firm believers in the teaching of mathematics as an experimental science where the student does numerous calculations and then synthesizes these experiments into a general theory. Projects based on the concept of writing generic programs test a student’s understanding of the theoretical material of the course. A student who can solve a general problem certainly can solve a specialized problem. The authors show MAPLE has a built-in program for doing these problems. While it is important for the student to learn MAPLES in built programs, using these alone removes the student from the conceptual nature of differential equations. The goal of the book is to teach the students enough about the computer algebra system MAPLE so that it can be used in an investigative way. The investigative materials which are present in the book are done in desk calculator mode DCM, that is the calculations are in the order command line followed by output line. Frequently, this approach eventually leads to a program or procedure in MAPLE designated by proc and completed by end proc. This book was developed through ten years of instruction in the differential equations course. Table of Contents 1. Introduction to the Maple DEtools 2. First-order Differential Equations 3. Numerical Methods for First Order Equations 4. The Theory of Second Order Differential Equations with Con- 5. Applications of Second Order Linear Equations 6. Two-Point Boundary Value Problems, Catalytic Reactors and 7. Eigenvalue Problems 8. Power Series Methods for Solving Differential Equations 9. Nonlinear Autonomous Systems 10. Integral Transforms Biographies Robert P. Gilbert holds a Ph.D. in mathematics from Carnegie Mellon University. He and Jerry Hile originated the method of generalized hyperanalytic function theory. Dr. Gilbert was professor at Indiana University, Bloomington and later became the Unidel Foundation Chair of Mathematics at the University of Delaware. He has published over 300 articles in professional journals and conference proceedings. He is the Founding Editor of two mathematics journals Complex Variables and Applicable Analysis. He is a three-time Awardee of the Humboldt-Preis, and received a British Research Council award to do research at Oxford University. He is also the recipient of a Doctor Honoris Causa from the I. Vekua Institute of Applied Mathematics at Tbilisi State University. George C. Hsiao holds a doctorate degree in Mathematics from Carnegie Mellon University. Dr. Hsiao is the Carl J. Rees Professor of Mathematics Emeritus at the University of Delaware from which he retired after 43 years on the faculty of the Department of Mathematical Sciences. Dr. Hsiao was also the recipient of the Francis Alison Faculty Award, the University of Delaware’s most prestigious faculty honor, which was bestowed on him in recognition of his scholarship, professional achievement and dedication. His primary research interests are Integral equations and partial differential equations with their applications in mathematical physics and continuum mechanics. He is the author or co-author of more than 200 publications in books and journals. Dr. Hsiao is world-renowned for his expertise in Boundary Element Method and has given invited lectures all over the world. Robert J. Ronkese holds a PhD in applied mathematics from the University of Delaware. He is a professor of mathematics at the US Merchant Marine Academy on Long Island. As an undergraduate, he was an exchange student at the Swiss Federal Institute of Technology (ETH) in Zurich. He has held visiting positions at the US Military Academy at West Point and at the University of Central Florida in Orlando.

A Maple™ Supplement

Twelve Years a Slave

Dai Manuel’s Whole Life Fitness Manifesto

Musculoskeletal, Neuromuscular, Neoplastic, Immunologic, and Hematologic Conditions

A High-Contrast Book

A Guide to Rebounding Aerobics

Hello, Garden Bugs

A look at the social and emotional lives, as well as communication methods, of dolphins.

This vintage book contains a step-by-step guide to ventriloquism, and includes instructions on topics ranging from vocal exercises, to designing and constructing a doll. This detailed handbook contains a wealth of information that will be of considerable utility to the novice ventriloquist, and it would make for a great addition to collections of allied literature. The chapters include: “Ventriloquism”, “So you Want to be a Ventriloquist”, “How to Build a Dummy - Part I”, “How to Build a Dummy - Part II”, “Routines and Sketches” etcetera. Many antiquarian books such as this are increasingly hard to come by and expensive, and it is with this in mind that we are republishing this book now in an affordable, modern, high quality edition. It comes complete with a specially commissioned new introduction on ventriloquism.

Institutional Buying GuideACSM’s Metabolic Calculations HandbookLippincott Williams & Wilkins

This valuable new resource is specifically designed for candidates for the ACSM’s Certified Health Fitness Specialist (HFS) and those personal trainers wanting to take their knowledge to the next level. It contains the latest material on health and fitness written by the entity setting the standard for scientifically based practice, The American College of Sports Medicine. The American College of sports Medicine is the largest sports medicine and exercise science organization in the world. More than 45,000 members are dedicated to advancing and integrating scientific research to provide educational and practical applications of exercise science and sports medicine.

Your Road Map to Fearless Fitness

Metaphysics and Hermeneutics in the Medieval Platonic Tradition

How to Become a Ventriloquist - Step by Step Guide to Ventriloquism, from Vocal Exercises to Making the Doll

Exercise Physiology Laboratory Manual

Essentials of College English

1995 Annual

Business Communication

Lifestyle mentor and fitness coach Dai Manuel’s Whole Life Fitness Manifesto is a new kind of fitness book. It’s not just about physical health but whole-life fitness that blends mindfulness and personal development with equipment-free workouts. This sustainable lifestyle extends beyond the book, allowing Whole-Lifers to connect with like-minded people in a supportive online community. The Whole Life Fitness Manifesto provides the tools you need to create a “FUN-ctionally fit” lifestyle at any age or level of ability, in 30 minutes a day. The Whole Life Fitness Power 30 program consists of: 15-minute equipment-free workouts that you can do anywhere Worksheets and diary pages to help you track your progress Photo-illustrated breakdown of more than 30 exercises Mindfulness and meditation tips Customizable workout plans Expert nutritional advice Personal development prompts An opportunity to access a thriving online community – join the tribe! Learn how to re-program your body, make better choices, release excess weight, and become stronger, healthier and happier for the rest of your life. Join the thousands of men and women whose lives have been transformed by Dai’s Whole Life Fitness Power 30 program, and let their success stories inspire you.

A vital companion to the #1 best-selling guide to corporate valuation Valuation Workbook is the ideal companion to McKinsey’s Valuation, helping you get a handle on difficult concepts and calculations before using them in the real world. This workbook reviews all things valuation, with chapter-by-chapter summaries and comprehensive questions and answers that allow you to test your knowledge and skills. Useful both in the classroom and for self-study, this must-have guide is essential for reviewing and applying the renowned McKinsey & Company approach to valuation and reinforces the major topics discussed in detail in the book. Fully updated to align with the sixth edition of Valuation, this workbook is an invaluable learning tool for students and professionals alike. Valuation has become central to corporate financial strategy, and practitioners must be exceptional at every aspect of the role. There is no room for weak points, and excellence is mandatory. This workbook helps you practice, review, study, and test yourself until you are absolutely solid in every concept, every technique, and every aspect of valuation as demanded in today’s economy. Master value creation, value metrics, M&A, joint ventures, and more Analyze historical information, forecast performance, and analyze results Estimate the cost of capital, continuing value, and other vital calculations Test your understanding before putting it to work in the real world Designed specifically to reinforce the material presented in the book, this workbook provides independent learners with the opportunity to try their hand at critical valuation skills, and helps students master the material so they can enter the job market ready to perform. For financial professionals and students seeking deep, comprehensive understanding, Valuation Workbook is an essential part of the McKinsey Valuation suite.

This book present proven strategies to enhance learning and reduce wasted study time in any learning situation. A Comprehensive Guide for Patients and Practitioners Although evidence supporting the benefits of ketogenic diet therapies continues to mount, there is little to guide those who wish to adopt this diet as a metabolic therapy for cancer. Keto for Cancer fills this need. Inspired by the work of Dr. Thomas N. Seyfried, PhD, nutritionist Miriam Kalamian has written the first book to lay out comprehensive guidelines that specifically address the many challenges associated with cancer, and particularly the deep nutritional overhaul involved with the ketogenic diet. Kalamian, a leading voice in the keto movement, is driven by passion from her own experience in using the ketogenic diet for her young son. Her book addresses the nuts and bolts of adopting the diet, from deciding whether the keto diet is the right choice to developing a personal plan for smoothly navigating the keto lifestyle. It is invaluable for both beginners and seasoned users of the ketogenic diet, as well as for health-care professionals who need a toolkit to implement this targeted metabolic therapy. The book guides readers to a deeper understanding of the therapeutic potential of the ketogenic diet—which extends well beyond simply starving cancer—emphasizing the powerful impact the diet has on the metabolism of cancer cells. Nutritional nuances are explored in sections such as "Fasting Protocols" and "Know What's in the Foods You Eat" while meal templates and tracking tools are provided in "Preparing Keto Meals." Kalamian also discusses important issues such as self-advocacy. Readers of Keto for Cancer are empowered to "get off the bench and get in the game." To that end, Kalamian offers tips on how to critically examine cancer-care options then incorporate what resonates into a truly personalized treatment plan.

Essential Muir

ACSM’s Metabolic Calculations Handbook

ACSM’s Health-related Physical Fitness Assessment Manual

A Guide from the National Institute on Aging

Promise of the Wolves

The Athlete’s Guide to Sports Psychology

Assault on Lake Casitas