

Visotonic Auto Lifting Muscolare Del Viso

Sport conditioning has advanced tremendously since the era when a [no pain, no gain] philosophy guided the training regimens of athletes. Dr. Tudor Bompa pioneered most of these breakthroughs, proving long ago that it's not only how much and how hard an athlete works but also when and what work is done that determine an athlete's conditioning level. Periodization Training for Sports goes beyond the simple application of bodybuilding or powerlifting programs to build strength in athletes. In this new edition of Periodization Training for Sports, Bompa teams with strength and conditioning expert Carlo Buzzicelli to demonstrate how to use periodized workouts to peak at optimal times by manipulating strength training variables through six training phases (anatomical adaptation, hypertrophy, maximum strength, conversion to specific strength, maintenance, and tapering) and integrating them with energy system training and nutrition strategies. Coaches and athletes in 35 sports have at their fingertips a proven program that is sure to produce the best results. No more guessing about preseason conditioning, in-season workloads, or rest and recovery periods; now it's simply a matter of identifying and implementing the information in this book. Presented with plenty of ready-made training schedules, Periodization Training for Sports is your best conditioning planner if you want to know what works, why it works, and when it works in the training room and on the practice field. Get in better shape next season and reap the benefits of smarter workouts in competition. Own what will be considered the bible of strength training for sport of the next decade.

Both an exercise program and a reference manual with a ground-breaking new treatise on bodybuilding and strength training.

Tackle diabetes and its complications for good with this newly updated edition of Dr. Neal Barnard's groundbreaking program. Revised and updated, this latest edition of Dr. Barnard's groundbreaking book features a new preface, updates to diagnostic and monitoring standards, recent research studies, and fresh success stories of people who have eliminated their diabetes by following this life-changing plan. Before Dr. Barnard's scientific breakthrough, most health professionals believed that once you developed diabetes, you were stuck with it and could anticipate one health issue after another, from worsening eyesight and nerve symptoms to heart and kidney problems. But this simply is not true! Dr. Barnard has shown that it is often possible to improve insulin sensitivity and tackle type 2 diabetes by following his step-by-step plan, which includes a healthy vegan diet with plenty of recipes that get started, an exercise guide, advice about taking supplements and tracking progress, and troubleshooting tips.

Football is probably the most widespread sport in the world. Like many other sports football has undergone major changes. It has increased in intensity, speed, and other factors contributing to increased risks of traumatic injury. Footballers, trainers, and the sport's medical staff are asking for greater information on the traumatic lesions associated with football. The primary role of those concerned with the health of footballers is to enforce preventive measures to reduce the risks of trauma.

What If Hamer Was Right?

Visotonic®. Auto-lifting muscolare del viso. Ediz. ampliata

Ultimate Guide to Solo Sex

What Should I Wear Today?

Susic Bright's Sexual Reality

A Style Guide by Ines de la Fressange

All You Need to Know About Masturbation

Dien Chan - Vietnamese facial multi-reflexology " is a method born in 1980 in Ho Chi Minh city (Viet Nam), thanks to the studies and experiments of prof. Bui Quoc Chan and his collaborators. It is a method that allows people to recover or maintain good health without resorting to the use of medicines, scalpels and needles but simply by massaging, pressing, tapping or heating certain points on the face, or parts of the body, which reflect the organs or areas of dysfunction. It is a natural therapy that aims to restore the energy balance of the body, stimulating a response from the latter, through reflex points. - It's simple - It's effective - It's cheap - It can also be done with fingers or knuckles - It can be done anytime and anywhere You can check the effectiveness of this technique through the different kinds of massage shown in this booklet, precisely in situations of acute discomfort.

Clairevoyant Cassie Plamer has inherited new magical powers-including the ability to travel through time. But it's a whole lot of responsibility she'd rather not have. Now she's the most popular girl in town, as an assortment of vamps, fey, and mages try to convince, force, or seduce her-and her magic-over to their side. But one particular master vampire didn't ask what Cassie wanted before putting a claim on her. He had a spell cast that binds her to him, and now she doesn't know if what she feels for him is real-or imagined...

Defective eyesight can be corrected in a natural way...but nobody has ever bothered to tell us! In our society, which regards conditions such as acne or obesity on a par with calamities or epidemics, eyesight defects are still viewed as irreversible problems, and both people and science seem resigned to it. However, theories on their reversibility have always existed, and after all the eyesight is a set of co-operating abilities; so don't let anyone tell you that you must accept this shortcoming, and that you must stop looking for improvements! The eye is not an organ: It is instead an extension of the brain, and, just like the brain, its sophisticated capabilities are still mostly unexplored...Loredana De Michellis is one of the best Italian sight-trainers and this handbook represents her intelligent and effective approach and it is great fun too! Includes an easy and ground breaking method to improve the most common eyesight disorders. You are not forced to live with them and wear glasses: Leonardo da Vinci invented these wonderful "stenopeic holes" specs, nowadays widely available on the internet, and the author explains a series of simple related exercises!

A brand-new book of fashion secrets by New York Times best-selling author, model, and Parisienne extraordinaire, Ines de la Fressange. Ines de la Fressange's personal style is chic yet relaxed in every situation. With a navy-and-white-stripped nautical top with slim, cropped jeans and flats is a classic French look, it's harder to pinpoint how Parisians unflinchingly blend elegance and allure with such ease. In this sequel to her best seller Parisian Chic, the world's favorite style icon demonstrates how to achieve her quintessentially Parisian look throughout the year. Her style secrets start with the building blocks of wardrobe staples--an LBD that can be dressed up or down, timeless riding boots you'll wear for a lifetime, or the perfect pair of jeans--which she combines with panache to suit every situation, adding seasonal items like costume bangles, a top in this season's on-trend color, or the right shade of lip color.

Rehabilitation of Sports Injuries

Your Body's Many Cries for Water

The Dynamic Muscle-Toning Program for Renewed Vitality and a More Youthful Appearance

Physiology, Engineering, and Applications

Current Concepts: from Prevention to Treatment

The Patella

Simulate Metabolism Anti-Ageing from Within

Have you ever thought why every workout you have ever done stopped at the neck? Or wondered why traditional yoga calms the mind, tones the body but forgets the face? Are you looking for a natural way to look and feel younger and healthier? Danielle Collins, TV's Face Yoga Expert, believes we should all have the opportunity to look and feel the very best we can for our age and to care for our face, body and mind using natural and holistic techniques. Her method requires just 5 minutes a day and could not be easier to get started. Integrating practical facial exercises with inspirational lifestyle tips, including diet and skincare, Danielle Collins' Face Yoga is a revolutionary new programme to help you achieve healthier, firmer, glowing skin.

The secrets behind the world's most beautiful skin! In Korea, healthy, glowing skin is the ideal form of beauty. It's considered achievable by all, men and women, young and old--and it begins with adopting a skin-first mentality. Now, this Korean beauty philosophy has taken the world by storm! As the founder of SoKo Glam, a leading Korean beauty and lifestyle website, esthetician and beauty expert Charlotte Cho guides you through the world-renowned Korean ten-step skin-care routine--and far beyond--to help you achieve the clearest and most radiant skin of your life With Charlotte's step-by-step tutorials, skin-care tips, and advice on how to look for in products at all price levels, you'll learn how to pamper and care for your skin at home with Korean-approved techniques and pull off the "no makeup" makeup look we've seen and admired on women in the streets of Seoul. And you'll get access to beauty secrets from Charlotte's favorite beauty gurus from around the world, including supermodels, YouTube sensations, top makeup artists, magazine editors, actresses, and leading Korean skincare researchers. With the knowledge of an expert and voice of a trusted friend, Charlotte's personal tour through Korean beauty culture will help you find joy in the everyday beauty routines that will transform your skin.

A collection of short essays from 17 very well-known authors who have a solid scientific background or renown within their ancestral traditions. What they have in common is that each one, within their discipline, is aiming to use water's molecular structure and memory to improve our world. This book is connected to a worldwide movement which is going to organize at least four significant worldwide events during 2015 and 2016. The essays themselves are part of this movement and readers can join too. They will experiment, for instance, with using intention to lower the radioactivity level of Fukushima's water. It is a very young movement but one that has already generated much interest."

A preventive and self-education manual for those who prefer to adhere to the logic of the natural and the simple in medicine.

The Ultimate Guide to the Face Yoga Method

Muscle Strength

The Poliquin Principles

Maggie for Hire

Take Five Years Off Your Face

Facecercise

Claimed By Shadow

"Christina Moore uses her talent for storytelling to create a more narrative-like tale....An attractive offering for listening centers and for young children interested in nature and science." - School Library Journal

Theoretical and empirical accounts of the interdependence between the manual and the mental suggest that the hand can be understood as a cognitive instrument. Cartesian-inspired dualism enforces a theoretical distinction between the motor and the cognitive and locates the mental exclusively in the head. This collection, focusing on the hand, challenges this dichotomy, offering theoretical and empirical perspectives on the interconnectedness and interdependence of the manual and mental. The contributors explore the possibility that the hand, far from being the merely mechanical executor of preceived mental plans, possesses its own know-how, enabling "enhanced" beings to navigate the natural, social, and cultural world without engaging propositional thought, consciousness, and deliberation. The contributors consider not only broad philosophical questions--ranging from the nature of embodiment, enaction, and the extended mind to the phenomenology of agency--but also such specific issues as touching, grasping, gesturing, sociality, and simulation. They show that the capacities of the hand include perception (on its own and in association with other modalities), action, (extended) cognition, social interaction, and communication. Taken together, their accounts offer a handbook of cutting-edge research exploring the ways that the manual shapes and reshapes the mental and creates conditions for embodied agents to act in the world. Contributors Matteo Baccarini, Andrew J. Bremner, Massimiliano L. Cappuccio, Andy Clark, Jonathan Cole, Dorothy Cowie, Natalie Depraz, Rosalyn Driscoll, Harry Farmer, Shaun Gallagher, Nicholas P. Holmes, Daniel D. Hutto, Angelo Maravita, Filip Mattens, Richard Menary, Jesse J. Prinz, Zdravko Radman, Matthew Ratcliffe, Etienne B. Roesch, Stephen V. Shepherd, Susan A.J. Stuart, Manos Tsakiris, Michael Wheeler

NEW YORK TIMES BESTSELLER Celebrities, model Ines de la Fressange shares the well-kept secrets of how Parisian women maintain effortless glamour and a timeless allure. Ines de la Fressange—France's icon of chic—shares her personal tips for living with style and charm, gleaned from decades in the fashion industry. She offers specific pointers on how to dress like a Parisian, including how to mix affordable basics with high-fashion touches, and how to accessorize. Her step-by-step do's and don'ts are accompanied by fashion photography, and the book is personalized with her charming drawings. Inés also shares how to bring Parisian chic into your home, and how to insert your signature style into any space—even the office. The ultrachic volume is wrapped with a three-quarter-height removable jacket and features offset aquarelle paper and a ribbon page marker. Complete with her favorite addresses for finding the ultimate fashion and decorating items, this is a must-have for any woman who wants to add a touch of Paris to her own style.

There are two main reasons for pursuing research in the Sports Science. Firstly, by studying responses to exercise, we learn about the normal function of the tissues and or gans whose function allows exercise to be performed. The genetic endowment of elite ath letes is a major factor in their success, and they represent one end of the continuum of human performance capability; the study of elite athletes also demonstrates the limits of human adaptation because nowhere else is the body subjected to such levels of intensive exercise on a regular basis. The second reason for studying Sports Science is the intrinsic interest and value of the subject itself. Elite performers set levels to which others can as pire, but even among spectators, sport is an important part of life and society, of top sport and elite performers, there is also another reason Apart from the study for medical and scientific interest in sport. There is no longer any doubt that lack of physical activity is a major risk factor for many of the diseases that affect people in all countries: such diseases include coronary heart disease, obesity, hypertension, and diabetes. An increased level of recreational physical activity is now an accepted part of the prescription for treatment and prevention of many illnesses, including those with psychological as well as physical causes. An understanding of the normal response to exercise, as well as of the role of exercise in disease prevention, is therefore vital.

Water for Unity

National Parks & Landmarks

Guccione's Geriatric Physical Therapy E-Book

I Prefer to See Clearly

Current Concepts ; 45 Tables

Parisian Chic

& Without Glasse!

Muscle strength is an important topic for ergonomics practitioners and physiologists to understand, especially as it relates to workplace injuries. Muscle strength and function is at the heart of many injuries that lead to reduced productivity and economic strain on the worker, the company, and society as a whole. This comprehensive source o

**** ONLY SHORT TIME AT SPECIAL PRICE **** Younger AND healthier ONLY thanks to collagen! How can collagen help you look visibly younger and keep your bones and joints supple as in younger years Do you have an age-related relapse? Your skin has become wrinkled and loses more and more tension? Your joints are negatively affected? Then this book is an absolute MUST for you! A reference book full of concentrated information about collagen, which not only makes us younger, but also healthier and more beautiful.How does collagen work? Where does the natural miracle cure come from and what functions does collagen have? This guide deals with two questions: Why is collagen so important for our body and skin and how can you effectively integrate collagen uptake into your lifestyle so that you can draw on all the positive properties of collagen.You get a lot of effective tips For a smooth, youthful and almost wrinkle-free skin for smooth bones and cartilage, so that your body can draw every day from the full how you can improve your metabolism thanks to collagen how you can build muscles thanks to collagen how you can effectively fight cellulite how you can regain a tight body shape valuable anti-ageing tipsMany recipes with collagen AD much more ...

Reflects on developments in noninvasive electromyography, and includes advances and applications in signal detection, processing and interpretation
Addresses EMG imaging technology together with the issue of decomposition of surface EMG
Includes advanced single and multi-channel techniques for information extraction from surface EMG signals
Presents the analysis and information extraction of surface EMG at various scales, from motor units to the concept of muscle synergies.

Outlines a program of exercises that tones the facial muscles to create a more youthful appearance

The Scientifically Proven System for Reversing Diabetes without Drugs

From Dentist to Health Care Models

Danielle Collins' Face Yoga

Firming facial exercises & inspiring tips to glow, inside and out

Surface Electromyography

Dr. Neal Barnard's Program for Reversing Diabetes

Working with Water Memory to Heal the World

Obesity is currently regarded as one of the major health challenges of the developed world. Excess body weight is an important risk factor for morbidity and mortality from cardiovascular diseases, diabetes, cancer, musculoskeletal disorders and even psychiatric problems and is estimated to cause nearly 3 million deaths per year worldwide. Obesity is not necessarily associated with comorbidities: there are indeed metabolically healthy obese individuals. Thus, we need to consider individuals presenting simple with obesity separately from those at risk of developing or who have already developed complex clinical states potentially leading to disability. Comorbidities can tip the balance of independence in patients who already have functional limitations mainly due to the excess of mass itself or who develop conditions such as diabetes, cardiovascular conditions, non-alcoholic fatty liver disease, where an abnormal metabolism of adipose tissue prevails. Morbid obesity with comorbidities leading to disability represents a real social and economic burden for National Health Systems worldwide. The presence of multiple and associated comorbidities often represents an obstacle to being admitted to hospitals for the treatment of metabolic diseases. On the other hand, clinical units with optimal standards for the treatment of pathological conditions in normal-weight patients are structurally and technologically inadequate for the care of patients with extreme obesity. The aim of this book is to focus on the pathophysiological and rehabilitative aspects of disabling obesity, highlighting multidisciplinary rehabilitation interventions as key to counteracting the disabling aspects of complicated obesity.

Dr Hamer is a highly controversial figure: his patients love him, yet other doctors want to block him, and meanwhile he gathers acknowledgements, but at the same time he is put on trial as well. Many believe that most of the opposition against him is because his theories -- and above all his long list of patients who have been healed -- go completely against established medicine... How can it be that diseases like cancer can simply be an attempt of the brain to fix (which means to heal) some emotional traumas? And that identifying such traumas and solving them can equate to healing the body? This is the only book available in Italy which is really up-to-date and comprehensive, very clear and supported by some brilliant cartoons: all these qualities have turned it into a real best seller. At long last a book on Dr Hamers new Germanic Medicine that is both really easy-to-read and comprehensive. Approach these controversial, yet fascinating theories with objectivity and open-mindedness.

Written by an international board of experts this comprehensive text provides an in-depth review on the treatment and rehabilitation of the most common sports-related injuries according to the latest scientific developments in functional rehabilitation and the most clinically relevant features of pathophysiology of sports lesions. The management of acute and overuse sports lesions are classified by body area (spine, upper and lower extremity). The Face Yoga Method is practiced all over the world and has helped thousands of women and men to exercise their way to a younger more vibrant face without any fillers or injections. Fumiko Takatsu is a world renowned Face Yoga teacher and creator of the Face Yoga Method. She will show you how to reshape your jawline, define your cheeks, align your smile, turn up the corners of your mouth, smooth out forehead lines and eliminate under eye circles in just eight minutes a day.

Diagnosis and Treatment of Movement Impairment Syndromes- E-Book

Football Traumatology

Clinical and Electromyographic Studies on Occulsion

The Little Book of Skin Care

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Frogs

Excess Postexercise Oxygen Consumption

Masturbation is a many-splendored thing, but even here, all of us can get into a comfortable rut. Take what can be really good to really great with Jenny Block's guide to getting in on with yourself. Whether you are happily coupled, on your own, poly, or demonstrating your solo skills for your lover(s), Block has the very best advice on how to thoroughly research, Block's book covers the science of sex, wild and wonderful ideas for upping the masturbation ante, and lots of suggestions for how to incorporate toys. There are only one or two truly good books on the market about "sex for one," and those are years and even decades old. The Ultimate Guide to Solo Sex makes its entrance into mind-blowing.

Authored by an acknowledged expert on muscle and movement imbalances, this well-illustrated book presents a classification system of mechanical pain syndrome that is designed to direct the exercise prescription and the correction of faulty movement patterns. The diagnostic categories, associated muscle and movement imbalances, recommend specific corrective exercises, and modification of functional activities for case management are described in detail. This book is designed to give practitioners an organized and structured method of analyzing the mechanical cause of movement impairment syndrome, the contributing factors, and a strategy for management.
* Provides the tools to establish the relevant diagnosis, develop the corrective exercise prescription and carefully instruct the patient about how to carry out the exercise program.
* Authored by the acknowledged expert on movement system imbalances.
* Covers both the evaluation process and therapeutic treatment.
* Detailed descriptions of exercises for the patient to be given to the patient for future reference.

Offering a comprehensive look at physical therapy science and practice, Guccione's Geriatric Physical Therapy, 4th Edition is a perfect resource for both students and practitioners alike. Year after year, this text is recommended as the primary preparatory resource for the Geriatric Physical Therapy Specialization exam. And this new fourth edition is up to date on the latest geriatric physical therapy protocols and conditions. Five new chapters are added to this edition to help you learn how to better manage common orthopedic, cardiopulmonary, and neurologic conditions; become familiar with functional outcomes and assessments; and better understand the psychosocial aspects of physical therapy to help you effectively care for today's aging patient population. Comprehensive coverage of geriatric physical therapy prepares students and clinicians to provide thoughtful, evidence-based care for aging patients. Combination of foundational knowledge and clinically relevant information provides a meaningful background in how to practice physical therapy. Reflects the most recent and relevant information on the Geriatric Clinical Specialty Exam. Standard APTA terminology prepares students for terms they will hear in practice. Expert authorship ensures all information is authoritative, current, and clinically accurate. NEW! Thoroughly revised and updated content across all chapters keeps students up-to-date on the latest information. NEW! References located at the end of each chapter point students toward credible external sources for further information. NEW! Treatment chapters guide students in managing common conditions in orthopedics, cardiopulmonary, and neurology. NEW! Chapter on functional outcomes and assessment lists relevant psychosocial aspects of aging provides a well-rounded view of the social and mental conditions commonly affecting geriatric patients. NEW! Chapter on frailty covers a wide variety of interventions to optimize treatment. NEW! Enhanced eBook version is included with print purchase, allowing students to access all of the text, figures, and references online. When the Board of Directors of the Belgian Ophthalmological Soci ety, in its session of November 26th 1978, asked me to prepare a report on strabismus to be presented at the joint meeting of the Dutch and Belgian Ophthalmological Societies to be held on June 13th 1981, I felt greatly honored but still more overwhelmed by the immense task. The Board of Directors, first to limit the work to one particular form of strabismus, i.e. the convergent comitant form; second, to seek the help of what I thought to be the best strabotogists in the Low Countries; third, to aim not at an encyclopedic treatise but at a practical volume destined to the general ophthalmologist. This volume is the result of comitant convergent strabismus. The omission of the word "comitant" is purposely made to avoid the difficulties accompanying the explanation of this term and all the acrobatic tics needed to explain that most comitant strabismus are not complete ly comitant. The choice of this particular form of strabismus seems logical. Finally, the treatment of comitant convergent strabismus can with some modifications be applied to other forms of strabismus.

Dien Chan. Primo Soccorso. Ediz. Inglese

Periodization Training for Sports

Medicine Upside Down

Magnitude, Mechanisms and Practical Implications

What the Manual Tells the Mental

A Science-Based Guide to Achieve Peak Performance and Resilience to Injury

When monsters appeared on Earth, Maggie MacKay is on the job. No one is better at hauling the creepy crawlies back where they belong. No one, that is, except Maggie's dad, who vanished in the middle of an assignment. Now, an elf named Killian has shown up with a gig. Seems Maggie's uncle teamed up with the forces of dark to turn Earth into a vampire convenience store, serving bottomless refills on humans. Ah, family... The only hope for survival lies in tracking down two magical artifacts and a secret that disappeared with Maggie's dad.

WARNING: This book contains cussing, brawling, and unladylike behavior. Proceed with caution.

Good reasoning can lead to success; bad reasoning can lead to catastrophe. Yet, it's not obvious how we reason, and why we make mistakes – so much of our mental life goes on outside our awareness. In recent years huge strides have been made into developing a scientific understanding of reasoning. This new book by one of the pioneers of the field, Philip Johnson-Laird, looks at the mental processes that underlie our reasoning. It provides the most accessible account yet of the science of reasoning. We can all reason from our childhood onwards – but how? 'How we reason' outlines a bold approach to understanding reasoning. According to this approach, we don't rely on the laws of logic or probability – we reason by thinking about what's possible, we reason by seeing what is common to the possibilities. As the book shows, this approach can answer many of the questions about how we reason, and what causes mistakes in our reasoning that can lead to disasters such as Chernobyl. It shows why our irrational fears may become psychological illnesses, why terrorists develop 'crazy' ideologies, and how we can act in order to improve our reasoning. The book ends by looking at the role of reasoning in three extraordinary case histories: the Wright brothers' use of analogies in inventing their flyer, the cryptanalysts' deductions in breaking the German's Enigma code in World War II, and Dr. John Snow's inductive reasoning in discovering how cholera spread from one person to another. Accessible, stimulating, and controversial, How we Reason presents a bold new approach to understanding one of the most intriguing facets of being human.

The problems of the patellofemoral joint remain a challenge to the orthopaedic surgeon. In spite of many articles in scientific journals, an outstanding monograph, and several excellent textbook chapters, the patella is still an enigma in many respects. The etiology of patellar pain is controversial, and there is no completely satisfying explanation for its cause or its relationship to chondromalacia. Curiously, neither the widespread use of arthroscopy nor the advent of newer diagnostic tests such as CT scanning and magnetic resonance imaging have cast much light. Without a better understanding of why patellar disorders occur it is not surprising that there is no consensus on how to fix them. Arthroscopy has contributed little except to the patient's psyche. The currently most popular surgical treatment for recurrent dislocation of the patella was first described 50 years ago. One concrete advance, albeit a small one, is a better understanding of the role of anatomical abnormalities and patellofemoral dysplasia in patellar instabilities. It gives me great pleasure that many of the contributors are, like Dr.

Discusses politics, erotics, and the human sexual condition, with the premise that human fantasies and fears, especially the sexual ones, are more real than the real forces we have reckoned with historically

Ethan Frome

The Collagen Diet

Convergent Strabismus

A Virtual Sex World Reader

The Hand, an Organ of the Mind

Current Research in Sports Sciences

Successful Methods for Strength and Mass Development

You are about to learn how Dr. Zuzulak's Core BASE program employs a tailored, comprehensive action plan to establish a solid mind-core connection, transform your body, fortify your relationship to self-care and exercise, and nurture, nourish and empower your core for a healthful, happy life.The Core BASE will teach you toempower your core through a guided progression of...Breathing: Breathing for core balance with empowering mantras & dynamic stretches. Awareness: Awareness through evidence-based core activating exercises Stability: Stability through the dynamic core arsenal challenge Empowerment: Empower your core with alternative philosophies and activities In the Core BASE, you'll find all the tools, strategies and techniques you need to establish your mind-core oneness by tuning in to your core to improve your body image for a leaner, trimmer, stronger, more powerful healthier, and happier you.

Visotonic®. Auto-lifting muscolare del viso. Ediz. ampliataVisotonic®. Auto-lifting muscolare del visoThe Ultimate Guide to the Face Yoga MethodTake Five Years Off Your FaceCreateSpace

Korean Beauty Secrets for Healthy, Glowing Skin

Parisian Chic Look Book

You are Not Sick, You are Thirsty! Don't Treat Thirst with Medications! : a Preventive and Self-education Manual for Those who Prefer to Adhere to the Logic of the Natural and the Simple in Medicine

Master Your Core

Dien Chan. Vietnamese Facial Multi-reflexology. Basic Practical Course Manual

Disabling Obesity

How We Reason