



Dancers' Body Book

By Kent, Allegra

William Morrow Paperbacks, 1984. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service!
 Summary: Ballet dancers have the strongest, most beautiful, probably the most envied bodies in the world. How do they stay slender and willowy while maintaining the extraordinary energy it takes to perform night after night? Can a nondancer or an amateur attain a dancer's figure and a dancer's vitality? And keep it? Here, in *The Dancers' Body Book*, the legendary ballerina Allegra Kent discloses the health, weight-watching, and relaxation secrets of some of the world's greatest ballet dancers -- from Suzanne Farrell and Fernando Bujones to Darci Kistler and Madame Alexandra Danilova. Combining them with two well-balanced diets -- one to lose weight by and one to live by -- and an exercise regimen that can be tailored to the individual, she provides a fabulous fitness program for everyone who longs to be slimmer, healthier, and more energetic. Fourteen varied menus incorporate delicious recipes from the dancers themselves (such as Jacques D'Amboise's Wonderful Dinner Salad and Dierdre Carberry's Almond Meringue Kisses), along with calorie guides and advice on how to create additional menus using your own favorite dishes. Helpful discussions on sports and...



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Reviews

Simply no terms to clarify. It is actually loaded with knowledge and wisdom I am just delighted to let you know that this is the very best publication i have got read through during my individual lifestyle and could be he very best pdf for actually.

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Star Flights Bedtime Spaceship: Journey Through Space While Drifting Off to Sleep

CreateSpace Independent Publishing Platform, 2013. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: "Star Flights Bedtime Spaceship" is a charming and fun story with the purpose to help children unwind and go to sleep. The underlying...



Maisy's Christmas Tree

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Cengage Learning, 2012. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: You can now maximize and integrate the design and development power of Adobe Creative Suite 6 with WEB COLLECTION REVEALED PREMIUM EDITION. This one of...



Would It Kill You to Stop Doing That?

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Fifty Years Hence, or What May Be in 1943 (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. Fifty Years Hence is a quasi-fictional work by Robert Grimshaw, a professional engineer, with the intent of making a...
