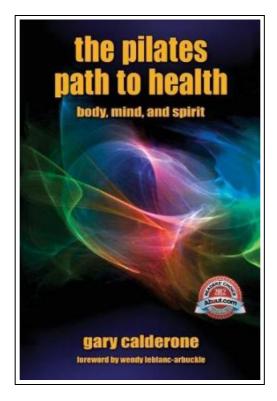
# The Pilates Path to Health: Body, Mind and Spirit (Paperback)



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# Reviews

It is simple in read through safer to comprehend. This is for anyone who statte that there was not a really worth reading through. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Samanta Klein)

### THE PILATES PATH TO HEALTH: BODY, MIND AND SPIRIT (PAPERBACK)



Dog Ear Publishing, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\*\* Print on Demand \*\*\*\*\*\*. This book is important for the existence and survival of Joseph Pilates intention in the world. --Lara Kolesar, Master Pilates Teacher It is minds like Calderone s mind that will help speed up the day, where a critical mass will embrace a peaceful and balanced state between body, mind, and spirit hastening the shift in our world s paradigm from one of anger to one of love. --Brent D. Anderson, P.T., Ph.D., OCS, President and Co-founder of Polestar Pilates The Pilates Path to Health: Body, Mind, and Spirit offers a 21st century interpretation of how signicant it is for individuals to regain a reasonable balance and a zest for living! Daily, our news and media position us with a global view of life on Earth from the edge of a cliff. It seems that every category of our lives is changing at breakneck speed. How do we prepare ourselves to meet these challenges edging toward us? Gary Calderone s life is a powerful testament to the transformational power of Pilates. Pilates changes lives. It did his, as it has for so many others. With Pilates as his beacon, Gary brought himself back from the brink of debilitating illness. In this timely and richly informative book, Gary shares his inspiring road to recovery, as he traces the century-long journey that has seen Pilates emerge worldwide as one of the most impactful modalities for health, fitness, and healing the planet. Wendy LeBlanc-Arbuckle, the Foreword Author of the book, adds: For Joseph Pilates, movement was a metaphor for life. His exercises always lived for him in a much larger vision.that we discover our own inner wisdom, our ability to self-heal and reconnect with the vital...



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