



The Pilates Method of Physical and Mental Conditioning



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Einband: Spiralbindung

Kurzbeschreibung

No other exercise system has transformed the American fitness scene as irresistibly as the Pilates method—a group of unique movements that creates a remarkable change in the way you look, feel, and think. First developed by Joseph Pilates ninety years ago and known for decades only to a select group of devotees in the world of theater and dance, Pilates has grown exponentially to attract legions of fans who swear by the method as a way to rejuvenate and sculpt their bodies and focus their minds. And why these legions of fans? Because Pilates works. Published originally in 1980, *The Pilates Method of Physical and Mental Conditioning* was the first book of its kind: This is the book that brought Pilates out of the elite studios and into the lives of millions of Americans. Clear and easy to follow, this photo-filled text is the ideal way for a beginner to absorb a totally new concept of fitness. At the same time, the book's authenticity and completeness make it an essential and challenging guide for anyone who practices Pilates, whatever their level. Using a few simple, well-designed movements, readers can master centering of the body, precision of movement, smoothness and flow of motion, and proper breathing and relaxation—in thirty minutes a day. Everyone wants a healthy and fit body. Now, with this reprint of the classic *The Pilates Method of Physical and Mental Conditioning*, the benefits of a toned, lithe body and a revitalized mind are available to everyone again. Über den Autor und weitere Mitwirkende

Philip Friedman and Gail Eisen studied for many years with disciples of Joseph Pilates. Their analytical and writing skills, combined with a passion for Pilates, led to a new form of exercise instructions for the Pilates method. Friedman, a *New York Times* and international bestselling author, and Eisen, a former television news producer for *60 Minutes* and *60 Minutes II*, both reside in New York City.

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