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Raising the Barre Lauren Kessler,2015-11-24 Like generations of little girls Lauren Kessler fell in love with ballet the first time she saw The Nutcracker and from that day at age five she dreamed of becoming a ballerina But when she was twelve her very famous ballet instructor crushed those dreams along with her youthful self assurance and she stepped away from the barre Fast forward four decades Lauren suddenly powerfully itchingly restless at midlife embarks on a Transcontinental Nutcracker Binge Tour where attending a string of performances in Chicago New York Boston and San Francisco reignites her love affair with the ballet and fuels her girlhood dream What ensues is not only a story about The Nutcracker itself but also an inside look at the seemingly romantic but oh so gritty world of ballet about all that happens away from the audience s eye that precedes the magic on stage It is a tale told from the perspective of someone who not only loves it but is also seeking to live it Lauren s quest to dance The Nutcracker with the Eugene Ballet Company tackles the big issues fear angst risk resilience the refusal to settle in to midlife the refusal to become yet another Invisible Woman It is also a very funny very real look at what it s like to push yourself further than you ever thought you could go and what happens when you get there

The Men's Health Gym Bible Michael Mejia,Myatt Murphy,2017-04-18 The Men s Health Gym Bible is the ultimate resource for the total gym experience Men s Health fitness advisor Michael Mejia and co author Myatt Murphy will teach you how to use various types of gym equipment for optimal strength and cardiovascular fitness In addition to hundreds of exercises for strength and cardio equipment like free weights stability balls and treadmills this updated edition is filled with exercises and expert fitness advice for cutting edge equipment like TRX suspension training sandbags and kettle bells With almost 700 photos this edition features all new images that demonstrate proper form and technique for every functional exercise The Men s Health Gym Bible is for anyone trying to get the most out of your fitness goals no matter what your fitness level is Gym novices will find helpful information such as the ins and outs of gym memberships contract negotiation tips and how to safely use a piece of equipment for the first time This is the ultimate resource for the total gym experience and a book that no fitness enthusiast should be without

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The Conversion Equation Terri Levine, PhD, 2021-05-04 The Conversion Equation is a no nonsense guide for business owners to ensure their business gets more prospects closes more sales and makes more money immediately Times have moved on yet businesses haven't changed their sales and marketing Buyers are more knowledgeable and the traditional lead generation techniques of direct mail exhibitions telemarketing are no longer effective The days of persuasion selling are gone while 61% of business owners say lead generation is their top challenge Most businesses are doing marketing all wrong and wasting valuable time spending hard earned money and using up limited energy on marketing that is not proven and does not work In The Conversion Equation best selling author Dr Terri Levine shares a proven process that has grown 8 multi million dollar businesses for her personally and has helped more than 6 000 business owners worldwide She shows what is being done wrong in marketing and how to quickly shift to what works that is little known by almost all business owners The Conversion Equation provides a process that can grow any business in any environment or situation Terri teaches how to first have the right inner mindset framework and beliefs to generate qualified leads and have them close themselves She combines her knowledge of human behavior and blends it with her Conversion Equation The unique approach of this information is why her clients create more income fast

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The Bulletin, 2005

Self, 2004

Entertainment on the Net Joe Williams, 1995 Seven million people belong to entertainment related newsgroups on the Internet This book gives these Internet users the latest scoop on the entertainment industry through the Internet covering television movies music politics human interest and celebrity watching A celebrity index with graphics and pictures lets readers easily find information on their favorite celebrity

Bedford's Tech Edge, 2003

PC Magazine, 2006

The New Yorker Harold Wallace Ross, Katharine Sergeant Angell White, 2007-11

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