



One Body, One Life: 6 Weeks to the New You, Gregory Joujon-Roche, Cameron Stauth, Dutton, 2006, 0525949194, 9780525949190, 276 pages. When the mind and body connect, your body changes very quickly. With Gregory Joujon-Roche's cutting edge One Body, One Life program, you will transform yourself in only six weeks. AOL's fitness expert and featured on Good Morning America, Gregory Joujon-Roche has earned a reputation for getting results. He takes his clients on a journey that enables them to sculpt their bodies, and shape their lives. In One Body, One Life, Gregory Joujon-Roche will share his revolutionary program that combines cardio and strength training, core training and Pilates, yoga and martial arts, cutting-edge nutrition, and mind-body tools. The One Body, One Life program: * Is a one-stop shop for strength, cardio, nutrition, recipes, and detoxifying cleanses * Requires no previous experience, and can be done by anyone * Requires no complicated equipment or gym memberships Do you want to buy a fitness book just to stop from feeling guilty, or do you want a complete and total body transformation? Six weeks with the One Body, One Life program will connect you to your body, and help you enjoy your life indefinitely. BACKCOVER: "I am not your typical gym person and get easily bored with working out. Greg's program is anything but boring, and I'm given everything I need to stay with it. In every possible way, from the food prescribed, to the training, to how it makes me feel, Greg's One Body, One Life program is life changing." "What is particularly satisfying about working with Greg is how creative he is in achieving fitness goals. The same goes for this book. He's constructed a program that not only works, but offers you a plan that is unlike any program I've ever seen." "Greg and I traveled the world when I was Sportie Spice of the Spice girls. I have incorporated the One Body One Life principles into my life for over a decade, because it works and will be a part of me forever! Thank you Greg." "With Greg, training is not only a superb workout for my body but is also great fun. I never get bored because the sessions constantly change. I would go to the guys at Holistic Fitness even if my next part was on the radio." "With Greg's help, I have tapped into an awareness and a presence that has helped me to achieve optimal success on and off the field." "Greg's knowledge of the body and mind astounds me. One Body, One Life is just what we need to discover our greatest health, and our greatest potential." "Many fitness plans make lofty promises for better health with gimmicks and tricks. Greg's astute attention to the needs of the body, as well as his understanding of the fundamentals of good nutrition, make this book an essential part of any successful transformation."

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The Golden Boys The Unauthorized Inside Look at the U.S. Olympic Basketball Team, Cameron Stauth, 1992, Basketball players, 288 pages. Offers a behind-the-locker-room-door look at the creation, development, and performance of the 1992 United States Olympic Basketball team, the celebrated "Dream Team" of Larry

What Happy People Know How the New Science of Happiness Can Change Your Life for the Better, Dan Baker, Ph.D., Cameron Stauth, Jan 19, 2004, Self-Help, 272 pages. Profiles unhappiness as a chemical brain response that helped early humans survive, offering advice on how to achieve happiness by retraining brain activity, accepting a

The Ultimate New York Body Plan , David Kirsch, Sep 1, 2004, Health & Fitness, 258 pages. The ultimate high-powered body transformation plan by the fitness trainer of TV's Extreme Makeover describes the exercise and diet plan used by celebrities, and demonstrates

The Lazy Person's Guide to Fitness , Charles Swencionis, E. Davis Ryan, Jan 1, 2000, Health & Fitness, 384 pages. Move over couch potatoes! The Lazy Person's Guide to Fitness is here and ready to get your body moving! Surrender the remote control for free weights, trade in your sweats for

The Miracle Workout The Revolutionary 3-step Program for Your Perfect Body, William Jackson Davis, 2005, Health & Fitness, 237 pages. An authority on exercise physiology introduces an innovative new three-step exercise program that reveals how to integrate diverse forms of exercise into one routine; explains

Navy Seal Physical Fitness Guide , Patricia A. Deuster, Aug 1, 1997, Health & Fitness, 282 pages. Will enhance the physical abilities required to perform Spec Ops mission-related physical tasks, promote long-term cardiovascular health and physical fitness, prevent injuries

Get with the Program! Getting Real About Your Weight, Health, and Emotional Well-Being, Bob Greene, Jan 2, 2004, Cooking, 224 pages. Introduces a step-by-step program of diet, exercise, positive reinforcement, lifestyle change, and behavior modification designed to reduce weight and improve health and fitness..

The Everything Total Fitness Book A Complete Program to Help You Look - And Feel - Great, Ellen Karpay, Jan 1, 2000, Health & Fitness, 304 pages. Explains how to be healthy, covering specific topics related to diet, exercise, injury and illness, pregnancy, and other aspects..

The Areas of My Expertise An Almanac of Complete World Knowledge Compiled with Instructive Annotation and Arranged in Useful Order ..., John Hodgman, 2005, Humor, 228 pages. A humorous compendium of reference tables, trivia, and wisdom--largely invented by the author--lists the mottoes of the fifty-one states, identifies U.S. presidents with hooks

The Pilates Pregnancy Maintaining Strength, Flexibility, and Your Figure, Mari Winsor, 2001, Family & Relationships, 228 pages. Contains three workout programs designed to maintain muscle strength, increase flexibility, and recover from childbirth using the Pilates method..

Chris Imbo's Peak 10 Fitness , Chris Imbo, Sally Imbo, Donna Raskin, 1996, Health & Fitness, 237 pages. A fat-burning and muscle-toning program by a celebrity fitness trainer provides guidelines for working out and eating well for results within ten weeks.

Foolproof Weight Loss Slim-Down Strategies That Work--Guaranteed, Diane Kozak, Judith Springer Riddle, Sep 1, 2000, Health & Fitness, 179 pages. .

The fitness instinct the revolutionary new approach to healthy exercise that is fun, natural, and no-sweat, Peg Jordan, Sep 21, 1999, Health & Fitness, 235 pages. A trend-setting new approach to fitness discusses how to develop the "fitness instinct," an innate ability that, once recognized, can lead to health and vitality, showing how

Personal training individual fitness programs & training plans for every body type, Jennifer Wade, 1998, Health & Fitness, 160 pages. Presents exercises and training tips for all parts of the body. .

Kathy Kaehler's Celebrity Workouts How to Get a Hollywood Body in Just 30 Minutes a Day, Kathy Kaehler, 2005, Health & Fitness, 233 pages. A celebrity fitness expert shares her workout secrets and the innovative body-sculpting and fat-burning strategies she uses to get her clients in shape, introducing seven

Pump Up Your Workout Smart Ways to Make the Gym Work Harder for You, Steve Shipp, 2008, Health & Fitness, 230 pages. An experienced fitness instructor explains how to eliminate the routine of gym workouts by getting rid of exercise boredom, with helpful tips on how to continue to motivate

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