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Cognition and mobility with aging or neurological conditions: Assessment and intervention strategies Maud Ranchet, Laurence Paire-Ficout, Hannes Devos, 2023-01-05 Voices of Resilience: Conversations with Parkinson's Disease Warriors, Caregivers, and Advocates - Book I Dr. George Ackerman, 2024-09-07 This book of interviews aims to raise awareness and hope for a cure for Parkinson's Disease I contacted individuals worldwide to obtain the interviews because PD does not discriminate and affects individuals families and communities worldwide I believe we must be family in this fight for a cure When I learned that approximately 1 million individuals are diagnosed in the United States and over 10 million worldwide I felt that many other journeys needed to be shared So many inspired me to keep advocating for a cure

Risk Forward Victoria Labalme, 2021-03-30 WALL STREET JOURNAL bestseller This brief easy to read and inspiring book has become a guide for thousands of people giving them the tools they need to find their next move trust themselves and take action Ideal for anyone who may be facing new opportunities or the unknown including both individuals and culture forward organizations inspired leaders start ups entrepreneurs creatives and people in a transitional phase of their life If you are innovating and charting new territory Figuring out what's next Evaluating a decision or venture Developing a project Dealing with an unexpected change Feeling temporarily stuck overwhelmed or unclear RISK FORWARD will provide you with inspiration insights and prompts to help you find your path forward This full color book is highly designed filled with drawings and is a very quick read You can flip around and read the chapters in any order A perfect gift for the busy individual or those who don't like to read In the pages of this book Hall of Fame speaker consultant and Wall Street Journal best selling author Victoria Labalme shares insights that are practical reassuring and radically freeing

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for each year 5 Any part of the body must be controlled Our mind must always be vigilant and in control of every part of our body 6 All the above principles are summarized in the flow **The Joseph H. Pilates Method at Home** Eleanor McKenzie, Trevor Blount, Joseph Hubertus Pilates, 2000 Pilates is a holistic exercise system that combines elements of yoga classical dance concentration and exercise that increase body awareness This book offers a clear explanation of this conditioning system with photos to illustrate the proper movement and techniques 150 color photos 10 color illustrations

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