

## **BIBLIOGRAPHY**

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The Master Moves, Moshe Feldenkrais.  
The Sales Bible, Jeffrey Gitomer.  
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### **Videos**

Anatomy videos (Atlas of Human Anatomy)  
Focus "Hands On"  
Resist-A-Ball

### **Fitness Products**

SPRI Tubing  
Creative Health Products (Skyndex)  
Fitness Resources Associated (Metronomes)  
Power Systems (Agility Ladders)  
Lange Skinfold Calipers