FALL 2019

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FIT FEET FOR LIFE
STRENGTHEN YOUR FEET TO PREVENT COMMON FOOT PROBLEMS

The foot, loved by some, hated by others, but mostly criminally neglected. Thanks to this book, the foot will now get the attention it deserves!

Fit Feet for Life draws attention to our feet and the big toe and takes the reader on an entertaining and richly illustrated journey from the evolution of the two-legged, barefoot pedestrian to the modern sneaker and the twists and turns of modern orthopedics and insoles. Marco Montanez’s foot fitness concept “Toebility” strengthens the feet and helps with common foot problems such as hallux valgus and heel spur. Using his Toebility concept, the author gives 19 different exercises for the feet, all with accompanying photos.

With this guide, the reader will finally get their feet fit for life.

MARCO MONTANEZ, also known as “the Big Toe,” is the barefoot expert. He brings the topic of feet forward and onto the big stage. As an expert in biokinematics and fascia training, he has inspired thousands and won over therapists and trainers for his Toebility concept. He currently resides in Germany.

approx. 264 p., B & W
205 photos + illus.,
Paperback, 5.5” x 8.5”
ISBN: 9781782551836

$ 14.95 US/
£ 12.95 UK/€ 14.95 EUR
As a registered dietitian and certified personal trainer, Kerri knows the importance of nourishing and fueling the body with a well-balanced diet and keeping active. Recently, the concept of eating well has become overly complicated and expensive thanks to the ever-growing diet industry trying to sell the next quick fix. This growing trend has, in turn, caused people to develop a poor relationship with food—and their bodies.

This book brings the readers back to the basics of nutrition by encouraging everyone to learn the foundations of nutrition, providing the knowledge to nourish the body appropriately, and saying goodbye to fad diets for good! It also provides readers with more than 90 healthy, simple, affordable, and delicious meal ideas, sweet treat ideas, and exercise inspiration to help keep them moving. Kerri shares her nutrition and exercise philosophy and helps educate and inspire readers to look after themselves and shows them that it can be done, even with the busiest lifestyle.

**Kerri Major** is a Registered Dietitian and SENr Sports Dietitian. She is also a qualified Personal Trainer and is passionate about combining her professions to help people develop a healthy relationship with food and exercise, motivating them to live well and look after themselves. Kerri holds three jobs, working as an NHS Dietitian, a Freelance Sports Dietitian, and a Personal Trainer. She is an avid CrossFitter and keen runner who loves to cook and bake! She is based in Scotland.
Minding Yourself challenges the traditional approach to fitness and reframes the positive psychological approach to training, nutrition, and “self-love.” For decades, trends in the fitness industry had created long-term psychological issues and provided short-term, unsustainable physical solutions to draw people in. This book breaks the reader free from the unhealthy pattern of yo-yo diets and impractical fitness routines by providing practical, healthy, and sustainable strategies for long-term change.

This book bases its approach on the methods of people who have made healthy changes to their lifestyles and maintained them. It examines their why, what, and how. The nutrition information is provided by expert, Nick Shaw, founder and CEO of Renaissance Periodization.

Minding Yourself revolutionizes how the reader approaches training, nutrition, and the overall outlook on the life–family–work balance. After applying the strategies in this book, the reader will start living a life that’s healthier and happier.

Dave Nixon has trained and coached more than 6,000 people in the fitness and health industry. Dave has regularly contributed to Men’s Muscle & Health magazine. He has worked with elite international athletes on their mindsets to help them reach their potential and the podium.

In 2012, Dave founded and still operates Functional Fitness Australia, which is a small group coaching gym based out of Canberra, Australia. His daily podcast “Mood Prep” receives more than 6,000 downloads a month, and with his Mood Prep U program he educates PTs, athletes, and the average enthusiast around the world.
Exercise and nutrition programs designed to achieve weight loss and improve health are very popular. But, books on this often focus on the latest fad diet, usually combined with the latest fad exercise regimen, and rarely provide scientific, evidence-based reasons for their methods.

*Eat, Move, Sleep, Repeat* is different. It provides a scientific, evidence-based rationale for selecting certain diets and forms of physical activity that can help to achieve effective body fat and bodyweight loss; explains how to develop a personalized weight-loss plan; gives guidelines for a healthy balanced diet; provides advice on how to improve sleep quality, avoid common illnesses, keep organs healthy, and how much exercise is needed to get health benefits.

Meant for every fitness goal, fitness level, and occupation, this book aims to provide evidence-based guidelines to establish a healthy lifestyle, promoting better quality of life, reducing the risk of chronic disease, and extending longevity.

**Michael Gleeson** is Emeritus Professor of Exercise Biochemistry in the School of Sport, Exercise and Health Sciences at Loughborough University, former president of the International Society of Exercise and Immunology, and a Fellow of the European College of Sport Science and the British Association of Sport and Exercise Sciences. He has written on the overtraining syndrome, sport nutrition, immunonutrition, and exercise and immune function and advised professional sports organizations, including the English Institute of Sport and several English premier league football clubs, on nutritional strategies to improve performance and maintain health. He lives in Leicestershire.
Pilates: Complete Training for a Supple Body provides comprehensive knowledge and contains a variety of exercises as well as professional tips and hints for trainers and exercisers. The Pilates method is a functionally oriented training program that has recently become an integral part of the training and therapy world. The exercises are based on strengthening the body’s core and supporting muscles, including pelvic floor, abdominal, and back muscles. The basis of the training is to promote a correct and healthy posture. Pilates is not only a fitness program for women; it can be practiced by all fitness enthusiasts as well.

The main part of this book gives targeted, group-specific exercise programs with and without small equipment—a bit different from the trend topic, Fascia Pilates. The versatile exercises can be easily integrated into any training program!

**Stefanie Rahn** is an instructor for Pilates Bodymotion and works as a consultant for the Artzt Institute and various gymnastics federations. She owns a Pilates studio, PilatesLesson, is a Fascial Fitness Master Trainer, and has an NLP-Master, certified German Association for Neuro-Linguistic Programming (DVNLP).

**Christian Lutz** is a non-medical practitioner and Pilates Bodymotion instructor, and works as a consultant for various therapeutic training institutes and various gymnastics associations. He has been practicing Pilates since 1998 and has his own Pilates studio, Pilatespeople.
HATHA YOGA
THE COMPLETE BOOK

Hatha Yoga is the most complete training book on hatha yoga. The various flows and progressions are suitable both for yoga instructors and practitioners.

After a comprehensive introduction to yoga followed by an overview of the origins and philosophy of classical yoga, the reader can expect a detailed, practical section. The 34 best-known yoga postures (asanas) are presented, including their correct execution, symbolism, alignment, preparation, and guidance tips.

Specially coordinated series of exercises complete with photo progressions can be used for an hour session, either for a class or personal workouts. These series can be taken directly as they are or adapted to suit the user’s needs. The book also includes visualization and relaxation trips tailored to the photo progressions to allow for a deeper immersion into the yoga practice. At the same time, the practitioner experiences the basic themes of life from the yoga perspective and can be inspired to integrate them into his or her own world of experience.

MARTINA MITTAG is a qualified dance teacher, fitness trainer, and yoga teacher BDY/EYU. She has been self-employed with Yoga Werft since 2001, leading relaxation sessions for large companies, yoga prevention courses, workshops, training courses, and yoga trips (www.yogawerft.com). Martina is also a consultant for the German Gymnastics Federation (DTB) and the Association for Gymnastics and Leisure (VTF) in Hamburg.
Basketball enjoys worldwide popularity, and kids all over the world love to play it. *Basketball for Kids* is an illustrated guide with a simple approach to the sport aimed at children and young teens. The book first briefly introduces kids to the sport of basketball, from its origins to present day. From there, they read about the principal rules and basic techniques of the game: shooting, dribbling, passing, and much more. All this tutorial advice is accompanied by humorous and colorful illustrations that will engage the readers. The book also describes popular teams, players, and leagues from over the world.

*Basketball for Kids* is an enjoyable, easy-to-understand guide for kids to help them take their first steps in the game.

**Alberto Bertolazzi** has collaborated with many newspapers and created numerous illustrated books. In 2011, he launched his writing career with the novel *Il rugby salverà il mondo* (*Rugby Will Save the World*). He has practiced many types of sports, some at a competitive level, others as an amateur. Alberto has been a diving instructor, the president of an amateur soccer league, and the coach and trainer of junior soccer and rugby teams. He also contributed to drafting educational and informative books about sports.

88 p., in color
approx. 200 photos + illus.,
Hardcover, 9" x 11.2"
ISBN: 9781782551737

$ 16.95 US/
£ 14.95 UK/€ 16.95 EUR
INTELLIGENT SOCCER TRAINING

SIMULATING GAMES TO IMPROVE TECHNIQUE & TACTICS

Intelligent Soccer Training is the follow-up book to The Soccer Games and Drills Compendium.

150 training forms teach basic tactical and technical skills of modern soccer. Also discussed is running behavior (chasing and catching), techniques (ball control, dribbling, first-touch control, passing, and shooting), group tactics, games entries, and improving action speed and game intelligence.

With its detailed training information, the book is for all playing ages and performance levels, giving the trainer new exercises and modern and additional forms of play to expand his repertoire of varied and motivating training.

Also provided is the theory of intelligent training, which answers questions about training and competition. Here, aspects such as talent definition, talent development, management composition, teaching and learning techniques, game system, position specifics, and training atmosphere are covered, so that all players and coaches will have the knowledge and skills needed to excel at the game of soccer.

Andree Fincke is a former professional soccer player. Now he works as a teacher and trainer at the elite school of sports, Alter Teichweg, in Hamburg. Fincke is responsible for the school’s soccer project and is also the chairman of the school soccer technical committee for Hamburg.

Fabian Seeger is the author of The Soccer Games and Drills Compendium and Creative Soccer Training. Fabian received a master's degree in sports science from the Christian Albrechts University in Kiel, Germany, and an A license for coaching from the DFB (German Soccer Association). He is a basecamp coach for the DFB’s talent development program, and he also serves as advisor to the Hamburger Soccer Association coach’s training.
Major League Baseball has enjoyed a long period of progress and success, but in its 118 years, it has undergone major changes.

The Making of Modern Baseball examines the development of MLB, including the recruitment, entry, and performance of ballplayers; the competitive balance among teams within and between the American and National League; expansion of new franchises located in the US and Canada; and the economic realities of the leagues given the demographics, distribution, and wealth of their franchises’ markets. Additionally, this book provides answers to such questions as: What types of methods exist to measure and analyze performances of players and their teams? What has been the impact of free agency on ballplayers’ salaries? How different are the gate receipts, total revenues, and valuations of large, midsized, and small market teams?

The Making of Modern Baseball takes the reader deep into Major League Baseball, making it a must-have for every fan and follower of the sport.
GO, GWEN, GO

A FAMILY’S JOURNEY TO OLYMPIC GOLD

Narrated in alternating voices by mother Nancy and sister Elizabeth, and with a foreword by legendary Bob Babbitt, Go, Gwen, Go: A Family’s Journey to Olympic Gold is an inspiring story about Olympian Gwen Jorgensen and her family. This memoir introduces readers to a young woman of modest athletic achievements who uses desire and discipline to attain the ultimate in sport—the Olympic gold. Readers will enter the secret world of Olympic training, professional coaching, international travel, sponsor funding, anti-doping requirements, athlete nutrition, and sports physiotherapy. This book will take them inside the personal life of a professional athlete, complete with family crises and holiday celebrations. In this inspiring story, Gwen Jorgensen and her family grow together, from average to Olympian.

Elizabeth Jorgensen is a high school English teacher published in Azalea (Harvard University), The Wisconsin English Journal, and The Milwaukee Journal Sentinel. She presents at conferences including National Council of Teachers of English, Wisconsin State Reading Association, and National Consortium for Teaching about Asia.

Nancy Jorgensen recently retired after 35 years teaching choral music in Wisconsin and now writes, pursues collaborative piano opportunities, and spends time with daughters Elizabeth and Gwen and grandson Stanley. Her writing appears or is forthcoming in Prime Number Magazine, Smith Magazine, Cagibi, and Coffin Bell.

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YOUR CONTACTS

COMPANY MANAGEMENT

Publisher
Martin Meyer
E-Mail: martin.meyer@m-m-sports.com

SALES DEPARTMENT

USA Sales & Distribution
Tom Doherty
Cardinal Publishers Group
2402 N. Shadeland Ave., Suite A
Indianapolis, IN 46219-1137
Phone: +1 (0) 3 17-3 52-82 00
Fax: +1 (0) 3 17-3 52-82 02
E-Mail: tdohtey@cardinalpub.com
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UK Sales & Distribution
Geoff Cowen
Meyer & Meyer Sport (UK) Ltd.
31, Furze Platt Road, Maidenhead,
Berkshire SL67NE
Phone: +44 (0) 16 28 77 05 42
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EDITORIAL DEPARTMENT

For editorial issues, book proposals and questions about the program, please contact:

Editorial
Liz Evans
Phone: +49 (0) 2 41 – 9 58 10-17
www.m-m-sports.com
E-Mail: liz.evans@m-m-sports.com

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