



The Me Myth

What Do You Mean, It's Not All About Me?

By Andrew Griffiths

- A powerful self-help book with a personal touch – *The Me Myth* is about breaking away from our obsession with our own internal analysis and getting out and living in the moment
- The author's series of business-building books, *101 Ways*, has been sold in 50 countries and translated into many languages.

Successful businessman and bestselling author Andrew Griffiths has a simple but effective message to share: it's time to stop analysing our lives and time to start living. Andrew defines 'The Me Myth' as the limiting belief that the world revolves around 'me'. In short chapters he gives advice on how to shift the focus away from 'me' and start living a better life through simple actions like mastering empathy, giving generously, inspiring people and having fun. The message is simple, but profound. And, most importantly, Andrew makes the journey fun! *The Me Myth* is a result of Andrew's observations as well as his own personal journey. His life has been filled with extraordinary hardships and obstacles, from an unusual childhood to near-death experiences, which he has not only overcome, but thrived on. This is the next step in personal growth – it's time to move away from internal analysis and move the focus outwards.

200 pages; 234 x 153 mm

Originally published in Australia (Simon & Schuster)



Freerunning

By Urban Freeflow

From Paris to New York, from London to São Paulo, freerunning – the gravity-defying art of traversing the cityscape with a spectacular array of jumps, spins, vaults, grabs and climbing – has captured the public imagination. Effortlessly cool, it has also featured in countless television ads, blockbuster movies such as *Casino Royale* and acclaimed documentaries (Channel 4's hugely successful *Jump Britain* was seen by 3 million viewers in the UK, and sold to 65 countries). *Freerunning* is the first title that distils the energy, excitement and street credibility of the freerunner's art. Produced in collaboration with Urban Freeflow, the sport's leading exponents, this multi-layered book explores the subject inside out: its history, its influences (including breakdancing, martial arts and graffiti), freerunner profiles and, of course, essential moves. An extensive 'City Guide' section takes the reader to key freerunning hotspots – and provides the low-down on how to negotiate them – in 8 major

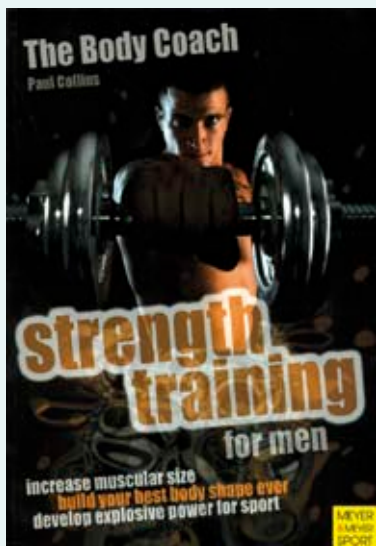
cities: London, Barcelona, Paris, Berlin, NYC, Tokyo, São Paulo and Sydney. Visually thrilling, *Freerunning* showcases heart-stopping photography, and illustrations that take their cue from the street style pioneered by artists such as Banksy and Blek le Rat. The book will appeal not only to freerunning's rapidly growing fanbase (Urban Freeflow's videos alone have racked up 3.5 million YouTube hits) but also to aficionados of cool, imagemakers and enthusiasts of urban culture everywhere.

176 pages; 220 x 210 mm;

200 colour photos

Originally created in the UK (Harris + Wilson)





The Body Coach Strength Training for Men

The Ultimate Core Strength to Power Conversion Training System

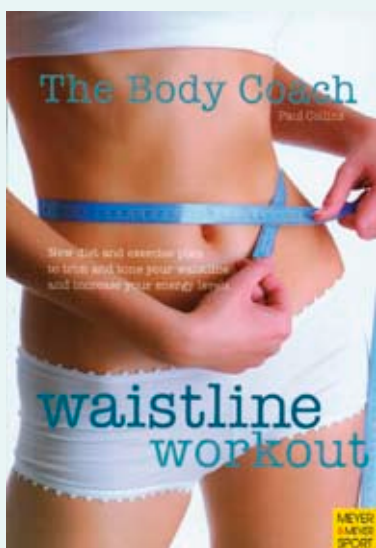
By Paul Collins

- Increase muscle size
- Build your best body shape ever
- Develop explosive power for sport

This book adds a new dimension to muscle development with its revolutionary 'Core Power' Conversion Training System that takes the guesswork out of training and offers a unique learning experience for achieving the ultimate athlete's body. It includes practical, easy-to-follow strength training routines that help guide the reader through basic lifting techniques to more advanced Olympic-lifting power progressions. Loaded with relevant information for any athlete, coach or trainer at any level, it contains all the fundamentals for building a safe, efficient strength training programme, while sequencing exercises towards the development of explosive power through Paul's breakthrough training system.

184 pages; 240 x 164 mm; colour photos throughout

Originally published in Germany and in UK/BC and USA (Meyer & Meyer Sport)



The Body Coach Waistline Workout

The New Diet and Exercise Plan to Trim and Tone Your Waistline and Increase Your Energy Levels

By Paul Collins

Discover how easy it is to achieve a slimmer body and trimmer waistline with this revolutionary 3-step, 12-week weight loss programme combining diet, exercise, and lifestyle planning and motivational guidance that's so advanced, it's actually simple! The workout works like magic as it takes the guesswork out of dieting and exercise and guides you through the 3 easy steps of :

- Establishing a healthy eating plan
- Participating in regular daily exercise
- Successful lifestyle planning and motivation

136 pages; 240 x 164 mm; colour photos throughout

Originally published in Germany and in UK/BC and USA (Meyer & Meyer Sport)



Running Injuries

Treatment and Protection

By Jeff Galloway & David Hannaford

- Identify problems
- Heal quickly
- Run without pain

This offers easy-to-access tips on treating and avoiding injuries. Written in non-technical language, the book will help runners and walkers to understand how injuries occur, how to prevent them, how to heal them: knee, foot, calf, iliotibial band, plantar fascia, Achilles tendon, neuroma, and much more. There is also a section on coming back from an injury and exercising while injured.

168 pages; 240 x 164 mm;

full colour throughout

Originally published in

Germany and in UK/BC and

USA (Meyer & Meyer Sport)



Running to Improve Your Life 3rd edition

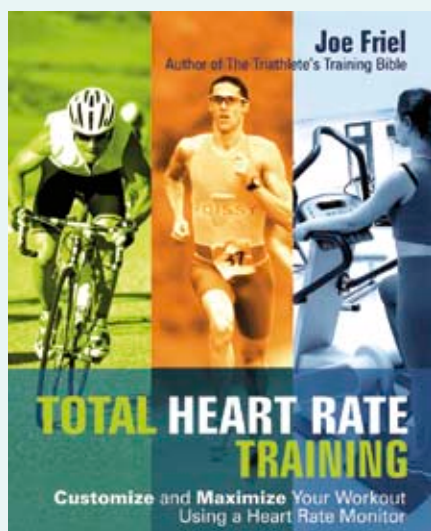
By Roberto Albanese

This bestselling title on running for all levels, from beginners to advanced runners, proves that fitting regular running into your schedule improves your quality of life.

This third edition is already into its fourth printing.

324 pages; 240 x 170 mm

Originally published in Italy (Tecniche Nuove)



Total Heart Rate Training

Customise and Maximise Your Workout Using a Heart Rate Monitor

By **Joe Friel**

Total Heart Rate Training shows anyone participating in aerobic sports, from novice to expert, how to increase the effectiveness of his or her workout. It's like having a personal trainer guiding the reader step-by-step during exercise. By following the author's carefully constructed programme and utilizing a heart rate monitor, readers can coach themselves – knowing when to push harder and when to back off. This guide teaches readers how to use the latest tools, including training analysis software and new high-tech intensity measuring devices, for precise training that practically guarantees success while minimising the chance of injury. The author also makes it easy to use new gizmos such as power meters and GPS units that allow readers to compare the body's input, as measured by heart rate, with output. A section for novices shows how to use a heart rate monitor for the first time while chapters aimed at experienced athletes describe how to gain that extra competitive edge thanks to heart rate training.

144 pages; 236 x 185 mm

Originally published in USA (Ulysses Press)

Power Flex Stretching

Super Flexibility and Strength for Peak Performance

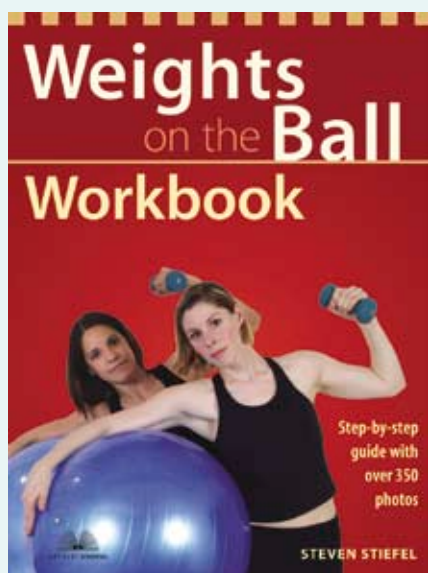
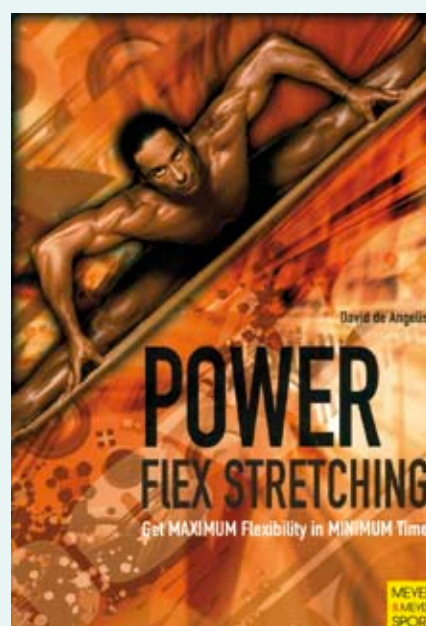
By **David de Angelis**

Get maximum flexibility in minimum time

Do you need to achieve a higher level of flexibility? Does your sports discipline require extraordinary strength? You can express all your athletic capabilities by developing your strength and flexibility to the maximum. In some sports disciplines such as martial arts, artistic gymnastics and competitive aerobics, a higher level of joint mobility is not only needed, but essential. A super flexible and strong physique will allow you to build the basis for excellent athletic performance as well as protecting your body from injury.

248 pages; 240 x 164 mm; b/w photos

Originally published in Germany and in UK/BC and USA (Meyer & Meyer Sport)



Weights on the Ball Workbook

Step-by-Step Guide

By **Steve Stiefel**

Weights are great for working the arms and upper body, and the exercise ball produces exceptional results in the core abs and lower body. With exercises suited for all skill levels, *Weights on the Ball Workbook* shows how to simultaneously use both pieces of equipment for the ultimate total-body workout.

Just sitting on a bench while performing arm curls leaves abdominals doing virtually nothing and leg muscles completely relaxed. Sit balanced on the ball while doing those same curls and a simple arm movement explodes into a total-body exercise as the mid- and lower-body stabiliser muscles are forced to work equally hard. *Weights on the Ball Workbook* teaches combination exercises like seated curls as well as dozens of specially designed movements that fully utilise the potential of this unique equipment tandem.

In addition to programmes that are easily tailored to individual fitness levels, *Weights on the Ball Workbook* describes proper training methods and explains how to achieve specific goals by varying the workout and carefully monitoring the number of repetitions. Last but not least, the author shows how to have fun and enjoy a workout that produces results in half the time of a traditional version.

96 pages; 260 x 184 mm; 200 b/w photos

Originally published in USA (Ulysses Press)



Soccer – Perfect Ball Control

By Peter Schreiner

Players rarely have time to receive the ball calmly and then dribble, pass or shoot at the goal. Only by being able to bring the ball quickly and safely under control – often while on the run – can one play attractive and successful football.

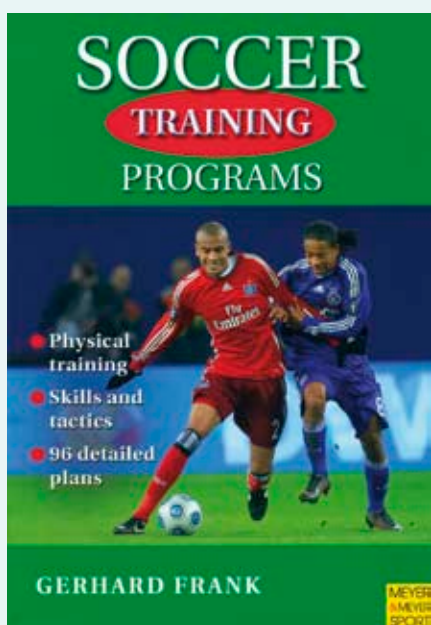
Perfect ball control can be broken down into four stages:

- Preparation for the initial contact with the ball (perception, running into free space, adopting a suitable body position)
- The first touch of the ball
- Actions in possession (dribbling, feinting)
- Final action (passing, crossing, shooting at goal)

This practical book contains more than 160 drills and ball games and over 200 photos and 120 illustrations covering ball control, dribbling, feinting, passing, crossing and shooting at goal. Each chapter starts with clear theoretical principles that give the coach valuable information for effective and learning-intensive team and individual training.

208 pages; 240 x 160 mm; full colour throughout

Originally published in Germany and in UK/BC and USA (Meyer & Meyer Sport)



Soccer Training Programmes

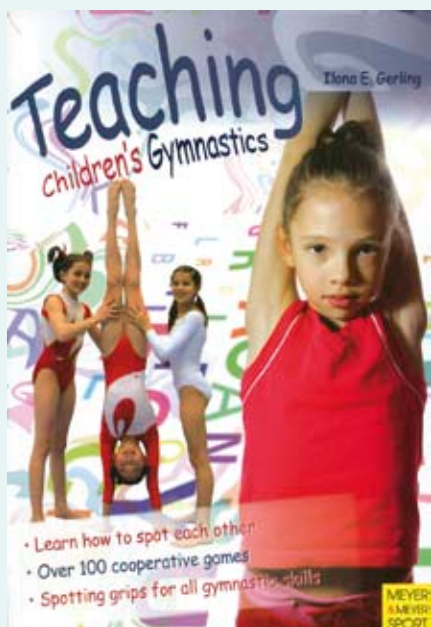
By Gerhard Frank

- Physical training
- Skills and tactics
- 96 detailed plans

Success on the football pitch demands a high degree of fitness, technical skills and tactical ability from players. The challenge for coaches is to devise training programmes that meet those requirements while remaining safe, interesting and fun. This book contains a collection of 96 detailed plans designed to be used by amateur coaches. Each is based on knowledge and techniques developed in professional football and other sports which have been adapted to the specific needs and conditions of the amateur game.

216 pages; 240 x 164 mm; colour throughout

Originally published in Germany and in UK/BC and USA (Meyer & Meyer Sport)



Teaching Children's Gymnastics

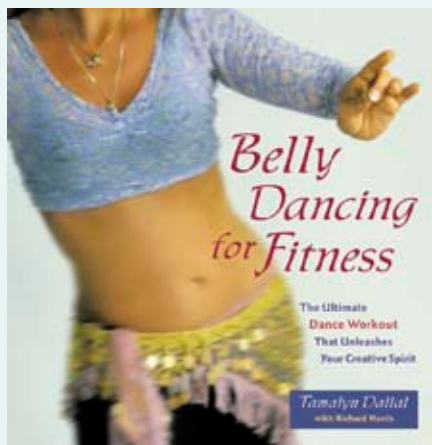
By Ilona E Gerling

- Learn how to spot each other
- Over 100 cooperative games
- Spotting grips for all gymnastic skills

This is the first book that explains why spotting is valuable and how it can be developed methodically, and why spotting and securing are two essential safety constituents when it comes to teaching and training gymnastics. It is a revolutionary new teaching idea, which gets even the youngest children to learn how to spot each other safely. This is an invaluable resource for all gymnastics teachers and coaches.

248 pages; 240 x 164 mm; colour throughout

Originally published in Germany and in UK/BC and USA (Meyer & Meyer Sport)



Belly Dancing for Fitness

By Tamalyn Dallal with Richard Harris

Start with a healthy aerobic workout. Add the fun of dancing. Spice things up with exotic music, the twirl of silk, and the rhythmic clapping of finger cymbals. Top it off with a path to rediscovering one's feminine and creative spirit, and you have *Belly Dancing for Fitness*.

Many women find belly dancing the most enjoyable way to get in shape while simultaneously getting in touch with their bodies and tapping into their spirituality. This book shows how this alternative dance-exercise can be as easy and fulfilling as yoga. Belly dancing includes floor gymnastics, back bends, poses, and stretches. It also outlines how to synchronise one's breathing and co-ordinate the mind and body. The author has drawn from her years of experience as a world-famous teacher and performer.

144 pages; 240 x 228 mm; 16 colour, 180 b/w photos

Originally published in USA (Ulysses Press)

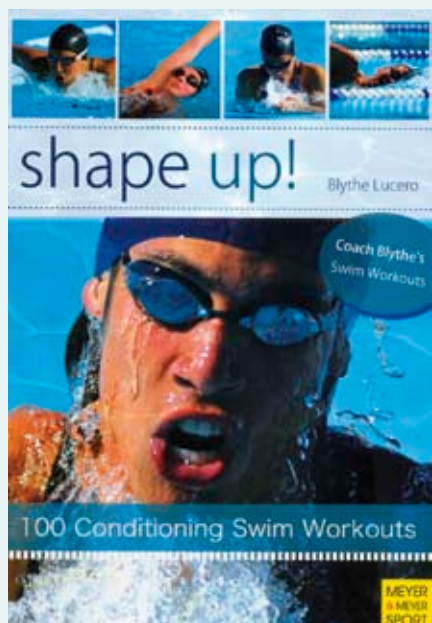
Yoga Made Easy

This innovative manual is divided into three sections just as in a typical yoga class: breathing, adoption of the *asanas* or positions, and final relaxation. A unique feature is the use of specially created plasticine models to clearly and efficiently illustrate the positions step by step, including useful tips that help the reader to learn this ancient practice that unites mind and body.

140 pages; 170 x 218 mm;

full colour throughout

Originally published in Italy (De Agostini)



Shape Up!

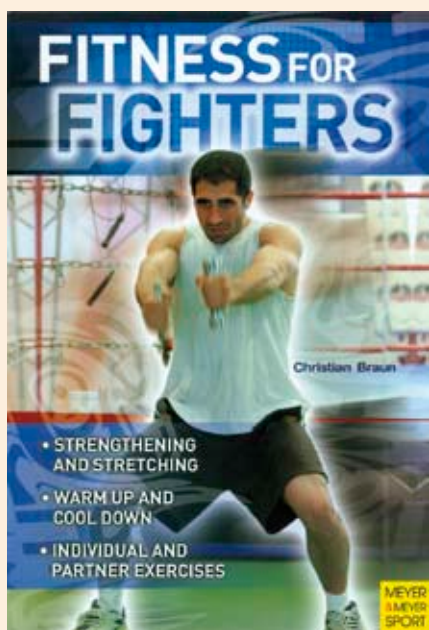
100 Conditioning Swim Workouts

By Blythe Lucero

The second in a three-book series of swim workouts by coach Blythe Lucero, this contains 100 workouts designed to generate full body fitness through a conditional regime focused on building endurance, versatility and applicable power. Her workouts are appropriate for self-coached swimmers and triathletes, as well as coaches looking for workout content for the athletes they train.

160 pages; 240 x 160 mm; colour photo, line drawings, charts

Originally published in Germany and in UK/BC and USA (Meyer & Meyer Sport)



Fitness for Fighters

By Christian Braun

- Strengthening and stretching
- Warm up and cool down
- Individual and partner exercises

Physical fitness is essential in order to practise a martial arts sport successfully. Practitioners must have flexible bodies and be capable of reacting quickly. However they must also be able to have sufficient build and strength to carry out the lifts and throws, as well as stamina and good coordination, which is why they need the special exercises and drills for warm-ups and for strengthening the body contained in this book.

360 pages; 240 x 164mm; colour photos

Originally published in Germany and in UK/BC and USA (Meyer & Meyer Sport)



Judo Nage no Kata

By Ute Pfeiffer & Guenther Bauer

- Learn throwing techniques
- Detailed descriptions of throws
- More than 500 photos

Nage-no-Kata – the forms of throwing – deals with throwing techniques used in judo. The *kata* are divided into five groups and each of these has three throwing techniques to carry out on both sides of the body. An introduction covers general matters such as the layout of the mat, body posture, movement, grip and many other features. The next section includes the descriptions of the throws as well as the transition to the next follow-up throw. Numerous photos clearly describe each of the throws as sequences of movement on 4 consecutive pages. The important points of each throw are highlighted using circles to clarify each point. Starting with the greeting and ending with the final bow, all the picture sequences depict an unbroken chain of movements for the *Nage-no-Kata*.

112 pages; 240 x 164 mm; colour photos

Originally published in Germany and in UK/BC and USA (Meyer & Meyer Sport)

The Martial Artist's Book of Yoga

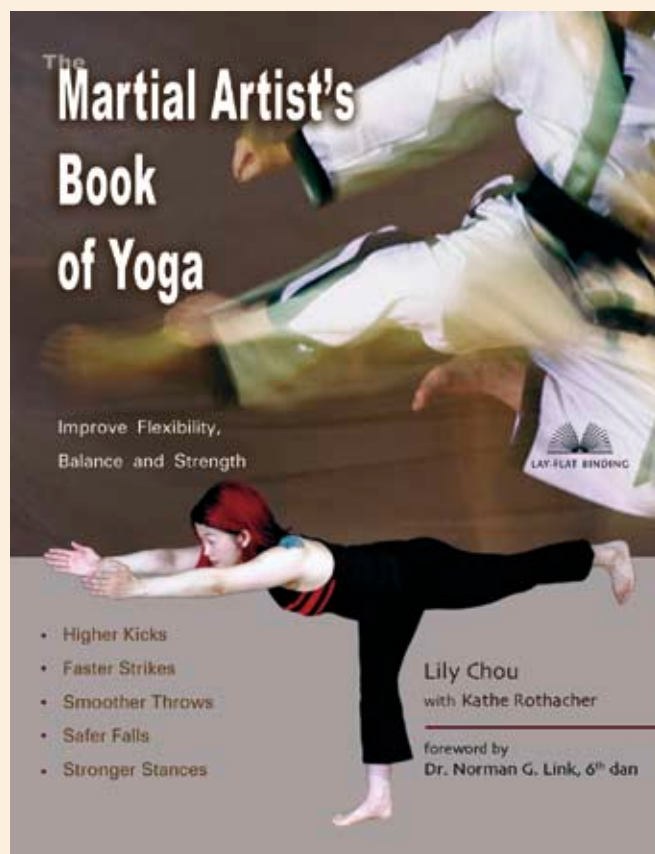
Improve Flexibility, Balance and Strength for Higher Kicks, Faster Strikes, Smoother Throws, Safer Falls, and Stronger Stances

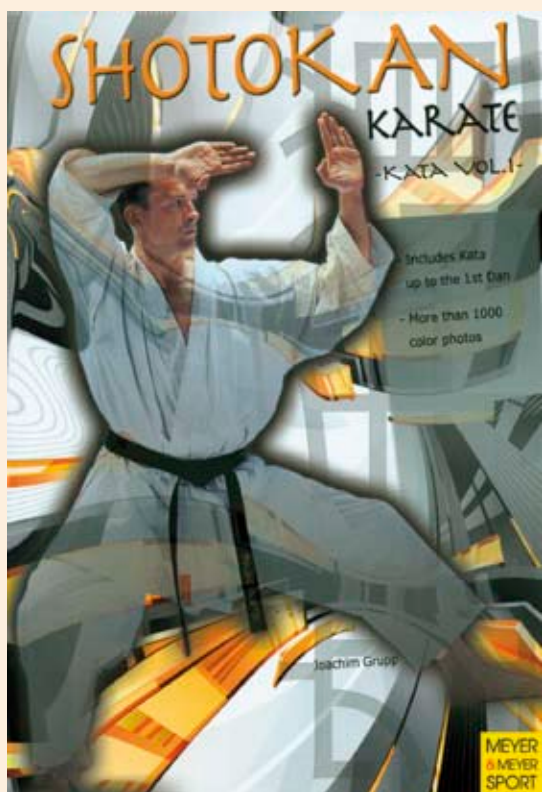
By Lily Chou with Kathe Rothacher

The perfect training supplement for martial artists, *The Martial Artist's Book of Yoga* shows how the ancient practice of yoga was the genesis of all martial arts. It clearly illustrates how specific yoga poses can directly improve one's martial arts abilities, with *asanas* that the reader can easily incorporate into a balanced workout.

Designed for those practicing any martial art including judo, karate, kung fu, tae kwon do, jujitsu, and hapkido, the book explains the training needs and challenges of the various universal techniques: kicks, strikes, blocks, throws, falls, joint locks, and grappling. Then the author identifies the underlying fundamentals necessary to advance one's skill in each area and presents a series of yoga poses specially selected to make those improvements - from increased flexibility and strength to better body control and balance.

128 pages; 248 x 190 mm; 100 b/w photos
Originally published in USA (Ulysses Press)





Shotokan Karate

Kata vol. 1

By Joachim Grupp

- Includes *kata* up to the 1st dan
- More than 1000 colour photos

By continually practising the *kata* the whole spectrum of possibilities in karate are revealed. They comprise a multitude of techniques that permit defence in close contact as well as at the medium and long-distance from your partner. Situations where the *kata* can be applied are comprehensively explained.

13 *kata* are presented in detail using the Bunkai method:

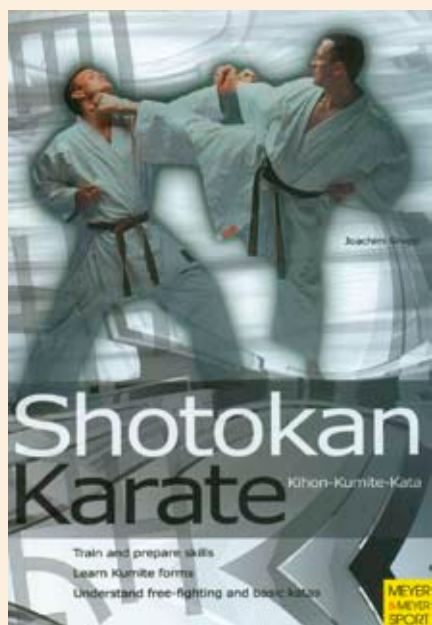
Heian 1- Heian 5, Tekki 1 – the basic *kata* up to the brown belt

Tekki 2 and Tekki 3

Bassai-Dai, Empi, Jion, Hangetsu and Kanku-Dai – the first of the master *kata*

216 pages; 240 x 164 mm; colour photos throughout

Originally published in Germany and in UK/BC and USA (Meyer & Meyer Sport)



Shotokan Karate

Kihon, Kumite, Kata

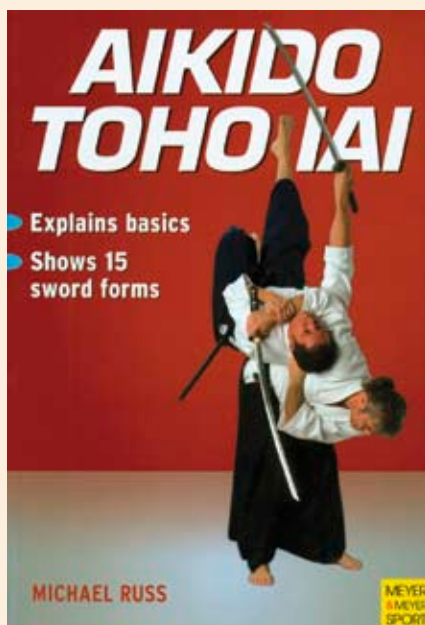
By Joachim Grupp

- Train and prepare skills
- Learn *kumite* forms
- Understand free-fighting and basic *katas*

For beginners as well as advanced students, this book offers assistance to all *shotokan karateka* to use when training or intensively preparing skills. All facets of this demanding fighting art are covered in an easily understood manner. The most important *kihon* techniques, the various *kumite* forms as well as free-fighting and basic *katas* are described in detail. Over 500 photographs show the enormously broad technical spectrum of the fighting art of *shotokan karate*.

160 pages; 240 x 164 mm; colour photos

Originally published in Germany and in UK/BC and USA (Meyer & Meyer Sport)



Aikido Toho Iai

By Michael Russ

- Explains basics
- Shows 15 sword forms

For the first time, this book introduces a system founded by Shoji Nishio Sensei called *aikido toho iai*, which is the connection between the art of sword drawing and *aikido* techniques. The sword is the origin of the *aikido* techniques, and the book shows how to use it in the right way. Using examples of 15 sword forms and the corresponding *aikido* techniques, the book enables readers to create their own sword form for different *aikido* techniques by understanding the principles of the sword.

264 pages; 240 x 164 mm; colour photos throughout

Originally published in Germany and in UK/BC and USA (Meyer & Meyer Sport)