Building muscle has never been faster or easier than with this revolutionary once-a-week training program

In Body By Science, bodybuilding powerhouse John Little teams up with fitness medicine expert Dr. Doug McGuff to present a scientifically proven formula for maximizing muscle development in just 12 minutes a week. Backed by rigorous research, the authors prescribe a weekly high-intensity program for increasing strength, revving metabolism, and building muscle for a total fitness experience.

- Filled with illustrations, including detailed anatomical drawings and a color insert, that reveal how the plan works on the body’s systems

- John Little’s techniques have been used by more than 150,000 athletes around the world, including Arnold Schwarzenegger and six-time Mr. Olympia Dorian Yates

- Includes an authoritative appendix of references supporting each of its revolutionary claims

Doug McGuff, M.D. (Seneca, SC), is the proprietor of state-of-the-art personal training facility Ultimate-Exercise. He lectures on exercise science all over the world.

John Little (Bracebridge, Ontario, Canada) is a regular columnist for Ironman magazine and the innovator of three revolutionary training protocols, including Max Contraction Training.

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From one of the most successful coaches in NCAA history, the only total lacrosse instructional for high-end championship play at every level.

Filled with his beloved personal style and know-how, *Carl Runk’s Coaching Lacrosse* goes beyond X’s and O’s to give high-school and college coaches guidance for inspiring excellence in their teams. Packed with illustrations and diagrams, this handbook covers all the fundamentals and equips coaches with drills and strategies for firing up their players.

- On both the high-school and college level, Carl Runk is a revered lacrosse authority with almost 300 career wins. Five of his teams have made NCAA Division I appearances.
- Lacrosse is the fastest growing high-school sport, with more than 425,000 current participants.
- No other book on the market provides the tactics for strategic upper-level play found here.

**Carl Runk** (Parkton, MD) won hundreds of collegiate-level victories as a head lacrosse coach at both Towson University and the University of Arizona. He currently coaches at the high school level, and he led his team to the 2004 Maryland State Championship.

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ONE-ON-ONE BASEBALL
The Fundamentals of the Game and How to Keep it Simple for Easy Instruction
Dom Scala with James Cain

Former New York Yankees coach Dom Scala presents an all-in-one illustrated guide to learning proper baseball fundamentals

As a coach for the New York Yankees, Dom Scala helped the team capture an American League Championship and a World Championship. Now in One-on-One Baseball, Coach Scala gives players the next-best thing to attending one of his camps. He has recruited his major league friends and former players to give readers their personal tips of the trade. This easy-to-follow illustrated guide combines Scala’s 30 years of experience with advice from an All-Star assortment of players and coaches to provide developing athletes with a big league one-on-one learning experience.

• Expert tips from star players and coaches, including Goose Gossage and Willie Randolph, among others
• Contains dozens of drills and skill exercises, complete with step-by-step photos
• Features a Foreword by Willie Randolph, former New York Mets manager

Dom Scala (Queens, NY) is the head baseball coach of Adelphi University, founder of One-on-One Baseball Camp, and a former coach for the New York Yankees. James Cain (Hartford, CT) worked at the Hartford Courant for almost 20 years in various capacities—as a senior copy editor, news editor, and wire editor. Prior to that he was an assistant metro editor at the Palm Beach Post and a weekend news editor at the St. Louis Globe-Democrat.

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A PAPERBACK ORIGINAL

FAST TRACK TO SAILING
Learn to Sail in Three Days
Steve Colgate and Doris Colgate

The learn-to-sail book for adult novices who are in a hurry to gain their sea legs

At the Offshore Sailing School, the Colgates have taught more than 100,000 adults how to sail. Now they are making their proven instructional methods available to all would-be sailors with big dreams and little time. Though designed around three days of intensive instruction, the book adapts easily to any learning pace. The aspiring sailor can master the fundamentals in three days—or over a summer of leisurely sailing.

• Because of their unmatched credibility a learn-to-sail book from the Colgates will have instant cachet in the sailing world

• Building on the success of Fast Track to Cruising (978-0-07-140672-7 • 0-07-140672-7, 2005), this book will reach the much broader audience whose immediate goal is daysailing on local waters

• Built around an established program of instruction, it is the only learn-to-sail book with a three-day promise, and it also works for non-intensive self-study

Steve Colgate (Ft. Myers, FL) founded the Offshore Sailing School in 1964. He has participated in two America’s Cup trials, 17 Newport-Bermuda races, seven Fastnet Races, the Pan American Games, the Olympics, and six transatlantic races.

Doris Colgate (Ft. Myers, FL) is president and CEO of the Offshore Sailing School and founder of the National Women’s Sailing Association. In 2003, US SAILING awarded the Colgates the Timothea Larr Trophy in recognition of their outstanding leadership and excellence in sailing education.

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From a world-class expert and one of the sport’s greatest legends—comes the only total guide for surfing

Surfing is a sport that anyone can pick up and enjoy with the right instruction. Yet many how-to books fail to address crucial basics such as wave dynamics, board design and performance, and strategies for paddling out through the wave breaks. Wingnut’s Complete Surfing covers all this and more, providing beginner and intermediate surfers of all ages with a complete guide.

• The star of “Endless Summer II,” the author is a popular professional surfer and instructor and a sought-after personality for media, seminars, and contests across the globe.
• Features 150 photographs and illustrations that clearly demonstrate each move.
• Covers every important area of surfing wisdom, from board skills to safety.

Robert “Wingnut” Weaver (Santa Cruz, CA) is a surfing icon and one of the most talented surfers in the world, with millions of dedicated fans and students.

Scott Bannerot (Minyama, Queensland, Australia) is an avid surfer and writer whose feature articles appear regularly in adventure magazines.

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Two sports psychologists show golfers at every level how to play their best with the power of visualization

Champion athletes regularly use visualization techniques to prepare for competition, correct mistakes, and enhance their performance. *Golfing with Your Eyes Closed* is the only book that teaches golfers at all levels these powerful techniques. Packed with mental exercises, the book includes situation-specific imagery scripts and walks golfers through the challenges of a typical day of play.

- The authors are seasoned sports psychologists and Wilding-White, a former national gymnastics champion, knows firsthand how athletes think at the highest levels
- Packed with interactive, features such as self-assessment quizzes and workbook exercises
- Includes practical tips for coaches and step-by-step instructions on creating personal imagery routines.

**Erin Macy** (Portland, OR) and **Tiffany Wilding-White** (Lenox, MA) both have masters of science in exercise and sport science, emphasizing in sport psychology. Together they regularly speak on performance enhancement at academic and athletic facilities across the country.

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More science and less art leads to bigger fish and fewer tales

Most anglers rely on advice from fishing buddies or books by well-known but unscientific anglers. Here is a book that distills the science of fish behavior into easy-to-follow advice on how to catch fish in any situation. Describing how feeding behavior in fish changes in response to fluctuations in dissolved oxygen, turbulence, turbidity, temperature, light, noise, and other factors, Bagur advises anglers on how to respond, recommending specific flies, baits, rigs and tactics.

• Fishing books offer advice on where and how to fish but are not grounded in science. Scientific treatises explore the biology of fish behavior, but not in terms anglers can use. This book combines the best of both
• Includes explicit guidelines to help anglers catch more and bigger fish
• Nicely illustrated with the author’s skillful drawings and photos

Daniel Bagur (England) is a marine and freshwater biologist, an avid angler, and a regular contributor to the international angling press. He works for the UK Fisheries Department, promoting angling and advising on fish behavior. He writes regular fishing columns and has published feature articles in dozens of magazines worldwide.

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A wide-ranging projects book for powerboat owners, covering maintenance, repairs, and upgrades to improve comfort, utility, appearance, value, safety, and enjoyment of powerboats up to 35 feet long, which represent 95 percent of the market. Projects include standard maintenance like changing engine oil and preparing for winter storage; minor repairs like rebedding deck hardware; and upgrades like creating new storage and improving a boat’s fuel efficiency.

• More than 100 accessible projects for the weekend warrior
• Almost every boat owner works on his/her own boat, even those who don’t work on their homes
• Powerboaters outnumber sailors by 10 to 1
• Author publishes widely on do-it-yourself projects in national and regional boating magazines

Paul Esterle (Newark, DE) has wide experience in the marine industry. He has built boats ranging from canoes to hovercraft, performed repairs and restorations of all types, and worked with wood, epoxy, electrical, plumbing, rigging, and engine systems. He is a regular columnist for Small Craft Advisor and Nor’easter and a regular contributor to many other publications.

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Sail- and powerboaters learn how to become better navigators and skippers

These seamanship and navigation techniques are designed for maximum usefulness in the cockpits, pilot-houses, and flying bridges of sail- and powerboats. Navigation techniques range from traditional to electronic and include highly useful tips for coastal cruise planning under sail or power. Seamanship techniques include docking and maneuvering, diesel engine maintenance, nighttime and heavy-weather passagemaking, weather tracking, collision avoidance, sailing, and sail repair.

• Includes shortcut solutions that work when standard techniques fail
• Author has 23 years in the Coast Guard, is a former director in the Charles F. Chapman School of Seamanship, and delivers yachts professionally under sail and power
• Adapts core Coast Guard techniques to a recreational audience in a tip format

John Jamieson (Port St. Lucie, FL) is a 23-year Coast Guard veteran and former head of the Seamanship and Navigation departments at the Charles F. Chapman School of Seamanship, where he taught on-the-water techniques in a fleet of 14 power and sailing vessels. Jamieson is also a delivery skipper for power and sailing yachts.

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A helpful companion to help sailors master the basics of sailing, beginning a lifetime of adventure and enjoyment

No other sport is as complex or as gear- and technique-intensive as sailing. The details and nuances are vast, but beneath the surface are 27 keys, or core concepts and techniques. By understanding these principles sailors can attain true mastery: tie any knot, shape any sail, take the helm of any boat, no matter how large or unfamiliar.

- A book for all sailors, just as Harvey Penick’s Little Red Book (Simon & Schuster, 1999) is for all golfers
- Unique among sailing books in its focus on the why’s, not the what’s and how’s; and in its grounding in the unchanging principles of the sport, not transitory materials and fashions
- A book that will teach something new each time a sailor rereads it

Adam Cort (Chicago, IL) is a sailing journalist and former editor of Sailing magazine. He is a lifelong sailor, longtime sailboat racer, and the author, with Richard Stearns, of Getting Started in Sailboat Racing (978-0-07-142400-4 • 0-07-142400-8, 2004).

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The first quick-and-easy composite construction method for canoes and kayaks

This book is certain to appeal to any paddler with a do-it-yourself attitude. Master craftsman Sam Rizzetta presents three attractive innovations: a new building method that makes Kevlar and carbon-fiber boats cheap and feasible for hobbyists; an ergonomically designed canoe that makes paddling easier and more comfortable; and a foam-flotation installation method that makes canoes and kayaks safe and unsinkable.

- 12.6 million people went kayaking in the United States alone in 2005. Kayaking is growing faster than any other outdoor activity, and there are even more canoeists than kayakers.
- Promises easier building, greater economy, and enhanced safety.
- Complete building plans for two canoes and one kayak.

Sam Rizzetta (West Virginia) is a boat designer and builder, a master luthier (a builder of stringed, fretted musical instruments), a music historian, a composites fabricator, and author. A canoeist since the age of three, he has designed and built numerous canoes and averages 1,000 miles of paddling annually. His innovative Fabric Form method of boatbuilding is an offshoot of his work in the fabrication of custom composite aeronautical components.

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Metabolism

Metabolism is a complex process that involves the conversion of food into energy and the production of waste products. This process is essential for life, as it provides the energy needed for physical activity, growth, and repair. Metabolism is a dynamic process that is influenced by various factors, including genetics, lifestyle, and environmental factors. Understanding metabolism is crucial for developing effective strategies for weight loss and maintaining a healthy body composition.

Protein Metabolism

Protein metabolism is a critical process that involves the synthesis and breakdown of protein. The body uses protein to build and repair tissues, including muscle tissue. Protein metabolism is a complex process that involves the absorption of amino acids from the diet, their transport to the muscles, and their subsequent use for muscle growth and repair. Understanding protein metabolism is crucial for developing effective strategies for building muscle and improving physical performance.

Calorie Balance

Calorie balance refers to the relationship between the number of calories consumed and the number of calories expended. When the number of calories consumed is greater than the number of calories expended, the body stores excess calories as fat. Conversely, when the number of calories expended is greater than the number of calories consumed, the body burns fat for energy. Understanding calorie balance is crucial for developing effective strategies for weight loss and weight gain.

Overfeeding

Overfeeding refers to the condition in which the body consumes more calories than it can use. This can lead to weight gain and an increase in body fat. Overfeeding is a common problem that can be caused by a variety of factors, including stress, lack of physical activity, and poor diet. Understanding overfeeding is crucial for developing effective strategies for weight loss and maintaining a healthy weight.

Underfeeding

Underfeeding refers to the condition in which the body consumes fewer calories than it needs. This can lead to weight loss and a decrease in body fat. Underfeeding is a common problem that can be caused by a variety of factors, including stress, lack of physical activity, and poor diet. Understanding underfeeding is crucial for developing effective strategies for weight gain and maintaining a healthy weight.

Energy Expenditure

Energy expenditure refers to the amount of energy that the body expends in a given period. This includes the energy used for physical activity and the energy used to maintain basic physiological functions, such as breathing and heart rate. Understanding energy expenditure is crucial for developing effective strategies for weight loss and weight gain.

Energy Balance

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Weight Loss

Weight loss is a common goal for many people, and there are several strategies that can be effective in achieving this goal. Some of the most effective strategies for weight loss include increasing physical activity, consuming a balanced diet, and limiting calorie intake. These strategies can help individuals lose weight safely and effectively.

Weight Gain

Weight gain is a goal for some people, and there are several strategies that can be effective in achieving this goal. Some of the most effective strategies for weight gain include consuming a balanced diet, increasing physical activity, and consuming more calories than the body expends. These strategies can help individuals gain weight safely and effectively.

Metabolism and Macronutrients

Metabolism is a complex process that involves the absorption, transport, and utilization of macronutrients, such as carbohydrates, lipids, and proteins. Understanding the role of macronutrients in metabolism is crucial for developing effective strategies for weight loss and weight gain.

Carbohydrate Metabolism

Carbohydrate metabolism refers to the process by which the body absorbs, transports, and utilizes carbohydrates. Carbohydrates are an important source of energy for the body, and understanding carbohydrate metabolism is crucial for developing effective strategies for weight loss and weight gain.

Protein Metabolism

Protein metabolism refers to the process by which the body absorbs, transports, and utilizes protein. Protein is essential for muscle growth and repair, and understanding protein metabolism is crucial for developing effective strategies for weight loss and weight gain.

Lipid Metabolism

Lipid metabolism refers to the process by which the body absorbs, transports, and utilizes lipids. Lipids are an important source of energy for the body, and understanding lipid metabolism is crucial for developing effective strategies for weight loss and weight gain.

Protein Synthesis

Protein synthesis refers to the process by which the body constructs new protein molecules from amino acids. This process is essential for muscle growth and repair, and understanding protein synthesis is crucial for developing effective strategies for weight loss and weight gain.

Protein Breakdown

Protein breakdown refers to the process by which the body breaks down protein molecules into amino acids. This process is essential for muscle repair and recovery, and understanding protein breakdown is crucial for developing effective strategies for weight loss and weight gain.

Amino Acid Absorption

Amino acid absorption refers to the process by which the body absorbs amino acids from the diet. Amino acids are building blocks for protein synthesis, and understanding amino acid absorption is crucial for developing effective strategies for weight loss and weight gain.

Amino Acid Transport

Amino acid transport refers to the process by which the body transports amino acids from the bloodstream to the muscles. This process is essential for protein synthesis and muscle growth, and understanding amino acid transport is crucial for developing effective strategies for weight loss and weight gain.

Amino Acid Utilization

Amino acid utilization refers to the process by which the body utilizes amino acids for protein synthesis, muscle growth, and recovery. Understanding amino acid utilization is crucial for developing effective strategies for weight loss and weight gain.

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