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Sport Marketing  
Trigger Points and Muscle Chains in Osteopathy  
My Best Games  
The Concise Book of Muscles, Fourth Edition  
AJEDREZ INFANTIL (Bicolor)  
The Plane Truth for Golfers  
Endurance in Sport

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## **YADIRA AMINA**

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### **Sport Marketing**

Human Kinetics  
Effective trigger point therapy This unique guide takes an in-depth look at trigger point therapy. Split into two sections, it combines detailed theory with practical techniques. You will

find comprehensive information on a broad spectrum of topics such as myofascial chains, the craniosacral model, and the classification, diagnosis, and therapy of trigger points. Highlights: Different models of muscle chains Detailed explanations of trigger points and their treatment Over 260 instructive illustrations

and high-quality photographs. Featuring input from various different specialties, this outstanding book is an essential tool for osteopaths, physiotherapists, chiropractors using trigger point therapy, and all others working in pain therapy. A clear layout and detailed anatomical drawings allow you to quickly improve your therapeutic skills. The result: accurate and effective pain therapy!

Trigger Points and Muscle Chains in Osteopathy McGraw Hill Professional

"This book helps students prepare for careers in the fast-paced world of sport marketing, as well as provides a resource for practitioners looking for the latest information in the field.

The book offers abundant examples of the latest issues in the competitive marketplace"--

*My Best Games* Thieme

Desde hace unos años, psicopedagogos, pedagogos y pediatras, destacan la importancia que a nivel intelectual puede suponer la práctica de un juego-deporte como el ajedrez. A partir de los 6 años, es factible que los niños se inicien en su práctica, enfocándola como si de un juego se tratara. Para ello, el autor, Pablo Castro Girona, artífice también de otros libros sobre el ajedrez infantil publicados en esta misma editorial, junto con un equipo de colaboradores, ha confeccionado y redactado este libro, pensando en este

pequeño pero entusiasta lector. A lo largo de nueve temas, el niño se iniciará en este fascinante mundo del ajedrez, de forma totalmente interactiva y pensada exclusivamente para él. Crucigramas, sopas de letras, tableros para colorear, dibujos para recortar y volver a montar, breves y claras preguntas y respuestas, y otros muchos y divertidos juegos, conducidos por un simpático peón, Pepín, despertarán, sin duda, el interés y la curiosidad de los más pequeños por este juego. Además, la práctica del ajedrez, estimulará en ellos la intuición, la lógica y la capacidad de concentración, factores todos que le serán de gran ayuda para su posterior desarrollo

escolar general.

**The Concise Book of Muscles, Fourth Edition** Editorial

Paidotribo

The bestselling, comprehensive introduction to the anatomy of the muscular system—with over 500 drawings, detailed profiles for each muscle, and additional material. This newly revised fourth edition of *The Concise Book of Muscles* is a comprehensive guide to the major muscle groups. Easy to use and fully illustrated with more than 500 drawings, this compact reference provides a complete profile for each muscle, clearly showing its origin, insertion, nerve supply, and action, the movements that use it, and, where

appropriate, exercises that stretch and strengthen it. The book's distinctive quick-reference format shows students exactly how to locate and identify specific muscles, highlighting those that are heavily used and therefore subject to injury in a variety of sports and activities. In this updated edition, each muscle chapter now includes detailed overviews of the gross anatomy of the body area to show:

- Bony landmarks
- Cross-sections of muscle layers
- Points of attachment
- Relevant nerve pathways

Also included: quick-reference tables and new chapter on pelvic floor muscles While designed for the student and beginning practitioner of

anatomy, massage, bodywork, physical therapy, chiropractic medicine, physiotherapy, yoga, and Pilates or any other health-related field, *The Concise Book of Muscles* is equally useful for athletes and anyone interested in the workings of the human body.

AJEDREZ INFANTIL

(Bicolor) John Wiley & Sons

*Endurance in Sport* is a comprehensive and authoritative work on all aspects of this major component of sports science. The book also embraces medical and sport-specific issues of particular relevance to those interested in endurance performance. The scientific basis and mechanisms of endurance -

physiological, psychological, genetic and environmental - are all considered in depth. Measurement of endurance is extensively reviewed as is preparation and training for physical activities requiring endurance.

The Plane Truth for Golfers North Atlantic Books

"Jim Hardy is the most knowledgeable teacher in golf. This extraordinary book will be the most revolutionary instructional book since Ben Hogan's Five Lessons." --Peter Jacobsen, Seven-time PGA Tour event winner Voted one of "America's 50 Greatest Teachers" by Golf Digest and ranked in the "Top 100 Teachers" list of Golf magazine,

Jim Hardy is a veritable scholar of swing. He's been fixing the swings of professional and amateur golfers since 1977, and in The Plane Truth for Golfers, he makes his groundbreaking concepts available to you for the first time. Hardy's revolutionary approach is simple: There are two sets of fundamentals to the swing, not one. There is the one-plane swing, for more athletic players, and the two-plane swing, suitable for players of all abilities.

Understanding these concepts is crucial to your improvement, and Hardy breaks them down into easy-to-follow steps, complete with dozens of photographs.

**Endurance in Sport**

Best Sellers - Books :

- [It Starts With Us: A Novel \(2\) \(it Ends With Us\)](#)
- [The Untethered Soul: The Journey Beyond Yourself](#)
- [Remarkably Bright Creatures: A Read With Jenna Pick](#)
- [Adult Children Of Emotionally Immature Parents: How To Heal From Distant, Rejecting, Or Self-involved Parents By Lindsay C. Gibson Psyd](#)
- [Fahrenheit 451](#)
- [Regretting You By Colleen Hoover](#)
- [Can't Hurt Me: Master Your Mind And Defy The Odds By David Goggins](#)
- [America's Cultural Revolution: How The Radical Left Conquered Everything By Christopher F. Rufo](#)
- [A Court Of Frost And Starlight \(a Court Of Thorns And Roses, 4\)](#)
- [Killers Of The Flower Moon: The Osage Murders And The Birth Of The Fbi By David Grann](#)