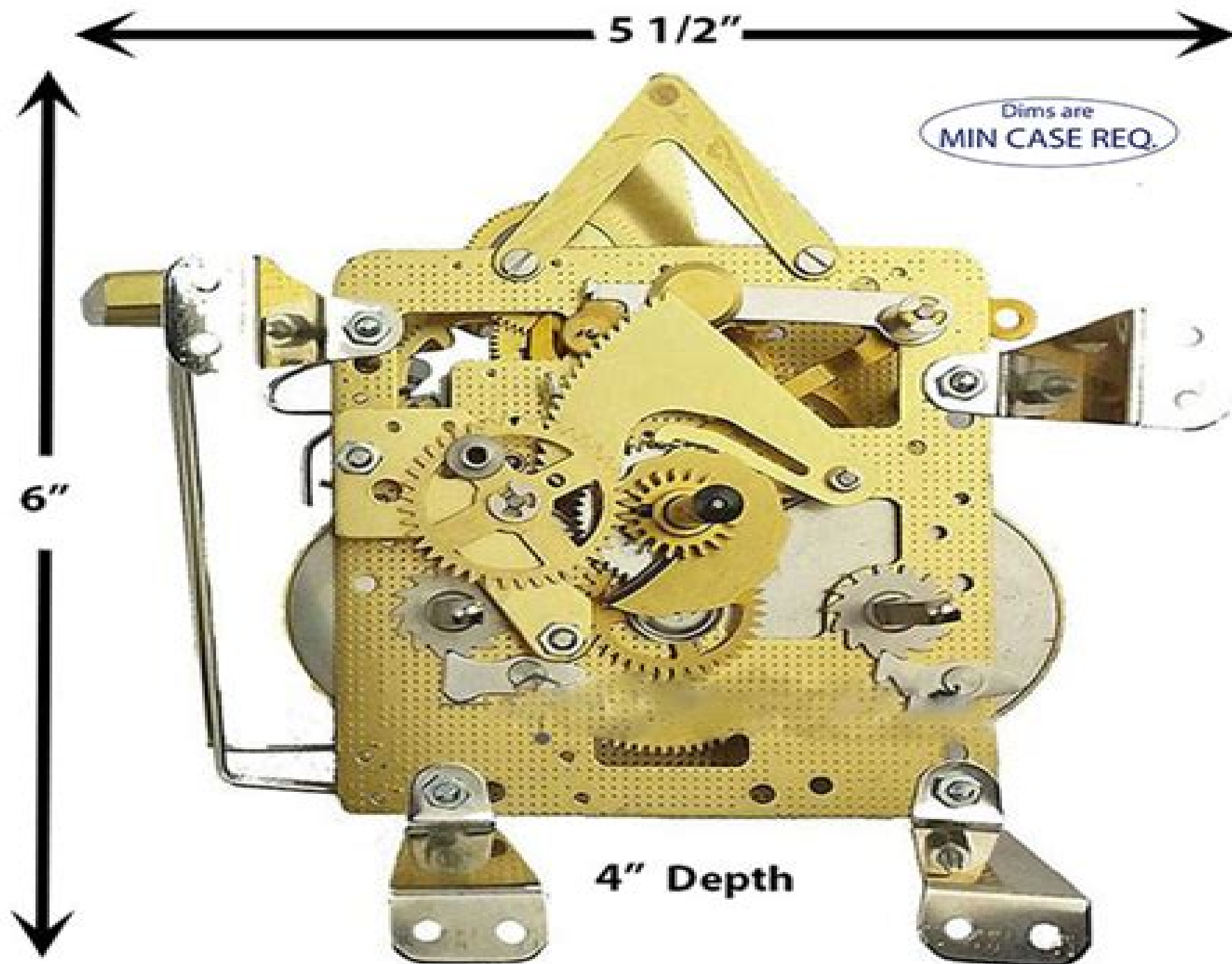




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Current Catalog ,1989 First multi year cumulation covers six years 1965 70 *Sleep and Sport* Michael A. Grandner, Amy B. Athey, 2024-07-07 Selected for 2025 Doody's Core Titles in Sports Medicine The relationship between sleep and both mental and physical performance in athletes has become a key issue over the past several years Sleep and Sport Physical Performance Mental Performance Injury Prevention and Competitive Advantage for Athletes Coaches and Trainers aims to synthesize the growing scientific evidence in this area to help researchers clinicians and others interested in sport to understand the fundamentals of sleep health and how these factors relate to athletes Serving as an important bridge between the sleep and athletics field this book educates sleep professionals about how their field of expertise relates to various aspects of athletics while educating sports professionals about the basics of sleep and how it relates to their field of expertise This is accomplished by explaining some of the basics of sleep health reviewing the literature on sleep disorders treatments and risk factors for athletes discussing ways that sleep health impacts physical and mental performance and addressing key specific areas where these fields overlap In all cases this text will draw from the existing peer reviewed literature in order to provide evidence based guidance that is objective and well explained Highlights the importance of sleep and its relations to various aspects of athletics Provide useful actionable evidence based suggestions for promoting sleep health in athletes Contains accessible reviews that point to relevant literature in often overlooked areas serving as a helpful guide to all relevant information on this broad topic area The Lancet ,1921 Cumulated Index Medicus ,1987

Körperwahrnehmung und Schmerzbewältigung im Alltag Petra Mommert-Jauch, 2013-03-13 Die klassische R ckenschule mit ihren eher funktionell ausgerichteten bungsrepertoires wird mehr und mehr durch ganzheitliche Lernkonzepte erweitert Sie beziehen Verstand und Psyche des Menschen mit ein bewirken ber eine verbesserte K rpersensibilit t Verhaltens nderungen und regen zu selbstverantwortlichem gesundheitsbewu ten Handeln im Alltag an Dieses Buch unterst tzt

Therapeuten und Lehrer in der präventiven und therapeutischen Gruppenarbeit mit Menschen mit Rückenschmerzen und generell orthopädisch bedingten Beschwerden. Es zeigt wie ein Kurs in sechs theoretisch und praktisch gut fundierten Einheiten gestaltet den Teilnehmern die folgenden Ziele vermittelt: eine verbesserte Wahrnehmung der gewohnten alltäglichen Haltungen und Bewegungsmuster, die Fähigkeit besser zwischen unökonomischen und effizienten Bewegungen zu differenzieren, eine Erweiterung des Bewegungsvokabulars, eine verbesserte Koordination und Reaktionsfähigkeit.

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UNerhörtes Dr. Manfred Nelting, 2021-05-25 Die meisten Kinder in Deutschland wachsen in Liebe auf, aber sehr viele erleben schutzlos eine lieblose, traumatisierende Kindheit in unterschiedlichem Ausmaß. Darüber ein Schleier des Schweigens unerhört. Es ist ein Verrat an Kindern, emotional, digital, sozial und politisch mit gravierenden Auswirkungen auf ihre Gesundheit, kreatives Potential, soziale Widerstandskraft und souveräne Mediennutzung als Erwachsene. Und es sind nicht etwa Einzelleißen, sondern zu vielen geht es weniger gut, oder sogar skandalös schlecht. Es ist wichtig zu verstehen, wie das zusammenhängt mit unserer Kultur, unseren Erziehungsstilen der Zeit und der Liebe der Eltern für die Kinder, und dies alles wiederum mit dem Wachstums-Credo unserer Wirtschaft und Politik ohne echte Gemeinwohlorientierung. Der Autor versteht es, die Leser auf diesem unwegsamen Terrain wie Weggefährten an seinen Lebenserfahrungen hierzu als Mensch, Ehe-Mann, Vater, Arzt, Klinikleiter, Taiji-Lehrer und politisch aktiver Bürger teilnehmen zu lassen. Das schafft gute Einsicht in die scheinbar undurchsichtige und unerhörte Welt. Nelting beschreibt u.a. eine gesunde Hirnentwicklung in der Kindheit auf dem Boden von Hirnphysiologie, Epigenetik und Psychosomatik, deren Kenntnis helfen kann, zukünftig das Leid vieler Kinder zu verhindern oder zu heilen. Er gibt den Eltern zahlreiche praxistaugliche Gestaltungsideen für ihr Leben und ihre Elternschaft und einen Ausblick in eine lebens- und liebenswerte Gesellschaft, die durch Erkenntnisse ihrer selbst in eine neue Form von Lebensgestaltung hineinwächst. Gerade in diesen schwierigen Zeiten braucht es einen Wegweiser, einen Kompass, der den Menschen einen Weg in ihre eigene Kraft, Liebe und Schönheit aufzeigt für eine neue Welt. Darin kann sich jeder Leser angesprochen, ermuntert und ermutigt fühlen in individueller Weise seine eigenen Lebenserfahrungen und Vorstellungen für diese gemeinsame, kooperative neue Welt schöpferisch bereitzustellen. Ein Buch voller Zuversicht und Liebe. **National Union Catalog, 1980**, 1981 **New and Complete Clock and Watchmakers' Manual ...**, 1860

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