

1. Record Nr.	UNINA9910157542703321
Autore	Ballantyne Craig
Titolo	The great cardio myth : why cardio exercise won't get you slim, strong, or healthy-and the new high-intensity strength training program that will // Craig Ballantyne with Chelsea Ratcliff
Pubbl/distr/stampa	Beverly, Massachusetts : , : Fair Winds Press, , 2017 ©2017
ISBN	1-63159-356-0
Descrizione fisica	1 online resource (195 pages)
Classificazione	HEA007000HEA010000HEA039080
Disciplina	616.1/071
Soggetti	Cardiovascular fitness Cardiovascular system - Diseases - Risk factors Heart - Diseases - Risk factors Physical fitness Exercise - Health aspects
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Sommario/riassunto	"Everything you've been told about exercise is wrong! For decades we've been told that cardio exercise is a silver bullet against weight gain and obesity and a panacea against heart disease. We've been told that hours spent jogging, cycling, and in aerobics classes will repay us with years of healthy (and fit!) longevity. We believed it. Today, we are heavier and more out of shape than ever--and likely suffering from overuse injuries incurred from years of prolonged cardio exercise. New research is showing that long cardio and endurance workouts do not get us slimmer or stronger. They do not promote longevity or protect against heart disease. In fact, they may do the opposite by putting excessive strain on our heart, joints, and muscles and slow our metabolism. The Great Cardio Myth will show you how to get the same or better fitness results in one-fifth the time of a typical cardio session and debunk unproductive exercise habits. Lose weight (and keep it off) in just a few short workouts per week. Keep your metabolism active for hours after a workout. Strengthen and protect your heart, joints, and

muscles. Burn through belly fat--and other stubborn areas quickly"--  
"The Great Cardio Myth uncovers the science behind cardio and why it  
is an ineffective workout for weight loss and overall health"--

2. Record Nr.	UNINA9910150188703321
Titolo	'History Wars' and Reconciliation in Japan and Korea : The Roles of Historians, Artists and Activists // edited by Michael Lewis
Pubbl/distr/stampa	New York : , : Palgrave Macmillan US : , : Imprint : Palgrave Macmillan, , 2017
ISBN	9781137541031 1137541032
Edizione	[1st ed. 2017.]
Descrizione fisica	1 online resource (XIX, 201 p. 1 illus.)
Disciplina	320.09
Soggetti	World politics Asia - Politics and government Asia - History Japan - History Korea - History Political History Asian Politics Asian History History of Japan History of Korea
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Preface: Retrospect and Prospect in Northeast Asia's History Wars -- 1. Introduction: History Wars in Postwar East Asia, 1945-2014 -- 2. Remembering Colonial Korea in Postwar Japan -- 3. The Politics of Inclusion and Exclusion in Postcolonial Japan: State, Shrine, and Honor for Ethnic Veterans, the Fallen, and their Bereaved -- 4. The "East Asian History" Elective in Korean High Schools: An Attempt at Reflective

Education in Transnational Space -- 5. Japanese Textbooks in the Asian History Wars: The Waning Importance of Weapons of Mass Instruction -- 6. The Controversy over the Ancient Korean State of Gaya: A Fresh Look at Korea-Japan History War -- 7. Young Poets under the Shadow of War: Yun Dong-ju and Tachihara Michiz -- 8. Oda Makoto and Literary Reconciliation: The Rise of Civil Societies in Japan and Korea in the Wake of the Asia-Pacific War -- 9. "Comfort Women Bashing" and Japan's Social Formation of Hegemonic Masculinity.>.

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Sommario/riassunto

This book provides a fresh approach to understanding the origins and possible future direction of the Northeast Asia "history wars." Leading scholars in history, literary studies, and education present the complex issue in a historical context by assessing its political and cultural dimensions, particularly with regards to relations between Japan and Korea. Their essays also touch on the significance of civil society efforts to advance peaceful reconciliation and the social and political forces that have worked to frustrate such efforts since 1945. At its core, this volume explores the political significance in the gap between Korean and Japanese civil society versus governmental efforts to resolve issues lingering from the Pacific War in Asia; the significance of cultural as well as political efforts to understanding historical and contemporary relations among Northeast Asian neighboring states; and specific factors—such as textbook reform, revised school curricula, and civil society education efforts— that are working to ameliorate the heretofore deadlocked "history wars."

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3. Record Nr.	UNINA9910954613703321
Titolo	Communicating the word : revelation, translation, and interpretation in Christianity and Islam : a record of the seventh Building Bridges seminar convened by the Archbishop of Canterbury Rome, May 2008 // David Marshall, editor
Pubbl/distr/stampa	Washington, D.C. : , : Georgetown University Press, , 2011
ISBN	1-58901-803-6
Edizione	[1st ed.]
Descrizione fisica	1 online resource (205 pages)
Altri autori (Persone)	MarshallDavid <1963->
Disciplina	261.2/7
Soggetti	Islam - Relations - Christianity Christianity and other religions - Islam Revelation - Islam Revelation - Christianity
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	pt 1. Particularity, universality, and finality in revelation -- pt. 2. Translating the word? -- pt. 3. Methods and authority in interpretation.
Sommario/riassunto	Communicating the Word is a record of the 2008 Building Bridges seminar, an annual dialogue between leading Christian and Muslim scholars convened by the Archbishop of Canterbury. Featuring the insights of internationally known Christian and Muslim scholars, the essays collected here focus attention on key scriptural texts but also engage with both classical and contemporary Islamic and Christian thought. Issues addressed include, among others, the different ways in which Christians and Muslims think of their scriptures as the "'Word of God,'" the possibilities and challenges of translating sc