

1. Record Nr.	UNINA9910524663603321
Autore	Rastogi Pallavi
Titolo	Afrindian Fictions : Diaspora, Race, and National Desire in South Africa // Pallavi Rastogi
Pubbl/distr/stampa	Columbus : , : Ohio State University Press, , 2008 ©2008
Descrizione fisica	1 online resource (vii, 290 p.)
Disciplina	823/.91409352991411
Soggetti	Group identity in literature Identity (Psychology) in literature East Indian diaspora in literature East Indians - Foreign countries - Intellectual life South African fiction (English) - East Indian authors - History and criticism South African fiction (English) - 20th century - History and criticism South African fiction (English) - 21st century - History and criticism Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references (p. 235-280) and index.

2. Record Nr.	UNINA9910157407303321
Autore	Donegan Kelly
Titolo	Build Your Own Body : Strong is the New Skinny
Pubbl/distr/stampa	Dublin : , : Gill Books, , 2016 ©2016
ISBN	0-7171-7038-1
Edizione	[1st ed.]
Descrizione fisica	1 online resource (306 pages)
Disciplina	613.713
Soggetti	Physical fitness for women Weight lifting
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Cover -- Title Page -- Contents -- Strong is the new skinny -- Acknowledgements -- Foreword by Calin Brehaita -- Introduction -- My story -- Let's start at the beginning -- The reality TV years -- The turning point -- Where I'm at now -- Your body image does not define you -- What I've learned and what I hope you'll learn too -- Fitness and you -- PART 01: THE BASICS -- Chapter 01: Start -- The basics -- How to get started -- Chapter 02: Learn -- The language of fitness -- Understand your body -- How to make long-term change -- Chapter 03: Mind -- The benefits of fitness for mental health -- How to have a healthier brain -- Get motivated! -- The power of willpower -- Find confidence through fitness -- Chapter 04: Food -- You are not fat - you have fat -- Eat real food -- Food is fuel -- Food is your friend -- What are the benefits of a good diet? -- How to break the binge-purge cycle -- Food intolerances -- Food myths -- Grocery shop for success -- How to make good choices when eating out -- Chapter 05: Supplements -- Why take supplements? -- How to get started with supplements -- Supplement myths -- Functions and benefits of supplements -- Chapter 06: Exercise -- Exercise is what causes real change -- Be smart about your body -- What is exercise? -- What are the benefits of exercise? -- What happens to your body when you exercise? -- How long does it take to see results from exercise? -- Exercise essentials -- Exercise, weightlifting and muscle myths --

Strength training and cardio -- The two types of weightlifting movements -- The importance of warming up -- Technique -- What not to do when you exercise -- Turn your weaknesses into a strength -- Conclusion -- PART 02: THE PLANS -- Chapter 07: Workouts -- Muscle groups -- Glutes -- Hamstrings -- Quads -- Calves -- Abs -- Biceps and triceps -- Shoulders -- Chest -- Back -- Cardio training. Plyometrics -- Resistance training -- How to read an exercise plan -- A note on the plans -- A plan for the total newbie -- Take it to the next level -- Curve nation -- The booty builder -- Tone that bod -- Six pack dreamin' -- Healthy mind -- The long-termer -- Holiday emergency -- Chapter 08: Diets -- Diet plans: The good, the bad and the ugly -- Diet plans are not one-size-fits-all -- How to spice up your diet plan -- How to use cheat meals and rewards -- How to determine your diet plan -- Hydration -- Nutritional values -- What not to eat -- A note on the plans -- The balance plan -- Muscle builder -- Healthy mind -- The fat burner -- Functional eating -- Carb cycling and carb manipulation -- Chapter 09: Commit -- Your Fitness Diary -- Further Reading -- Cookbooks and books about food -- Exercise, weight loss and muscle-building books -- Other books worth checking out -- Podcasts -- Websites -- Copyright -- About the Author -- About Gill Books.

---

## Sommario/riassunto

This book serves as a motivational and practical guide to fitness, strength training, and healthy living, with a particular focus on empowering women to embrace strength both physically and mentally. It challenges traditional beauty standards, promoting a shift away from unrealistic body ideals toward building a healthy, strong, and confident self. The book provides foundational knowledge on fitness, nutrition, and mental health, offering actionable advice on exercise routines, dietary plans, and the psychological benefits of fitness. It also addresses common myths about weightlifting and body image, emphasizing the importance of self-acceptance and perseverance. Written by an experienced athlete, the book aims to inspire readers to take control of their health and well-being, fostering resilience and confidence. It targets individuals seeking a holistic approach to fitness and personal growth.

---