

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.	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