

1. Record Nr.	UNINA9910462080003321
Autore	Villar Oliver
Titolo	Cocaine, death squads, and the war on terror [[electronic resource]] : U.S. imperialism and class struggle in Colombia // Oliver Villar and Drew Cottle
Pubbl/distr/stampa	New York, : Monthly Review Press, 2011
ISBN	1-58367-308-3 1-58367-307-5
Descrizione fisica	1 online resource (273 p.)
Altri autori (Persone)	CottleDrew
Disciplina	363.4509861
Soggetti	Drug control - United States Cocaine industry - Colombia Social conflict - Colombia Electronic books. United States Foreign economic relations Colombia Colombia Foreign economic relations United States
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	Cover; CONTENTS; ACKNOWLEDGMENTS; FOREWORD; INTRODUCTION: A War of Many Wars; 1. From Coca to Cocaine; 2. From the Golden Triangle to the Crystal Triangle; 3. A Narco-State and a Narco-Economy; 4. The Narco-Cartel System (1980-1993); 5. The Post-Cartel System; 6. The United States and "Plan Colombia"; 7. Narco-State Terror; 8. The Consequences of Relocation and Regionalization; 9. The War on Drugs: Corporatization and Privatization; 10. Conclusion: U.S. Narco-Colonialism and Colombia; BIBLIOGRAPHY; NOTES; INDEX;
Sommario/riassunto	Since the late 1990's, the United States has funneled billions of dollars in aid to Colombia, ostensibly to combat the illicit drug trade and State Department-designated terrorist groups. The result has been a spiral of violence that continues to take lives and destabilize Colombian society. This book asks an obvious question: are the official reasons given for the wars on drugs and terror in Colombia plausible, or are there other, deeper factors at work? Scholars Villar and Cottle suggest that the answers lie in a close examination of the cocaine trade,

particularly its class dimensions.

2. Record Nr.	UNINA9910788478203321
Autore	Collins Allan
Titolo	The complete guide to kettlebell training // Allan Collins
Pubbl/distr/stampa	London : , : Bloomsbury, , 2011
ISBN	1-4081-6399-3
Edizione	[1st ed.]
Descrizione fisica	1 online resource (xi, 175 p.) : col. ill
Collana	Complete Guides
Disciplina	613.713
Soggetti	Kettlebells
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Formerly CIP.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Cover -- Contents -- Foreword -- Acknowledgements -- Introduction -- PART ONE: The Basics -- Chapter 1 The history of kettlebell training -- Chapter 2 The kettlebell -- Chapter 3 The benefits of kettlebell training -- Chapter 4 Getting started -- Chapter 5 Safety considerations -- Chapter 6 Different grips and positions -- PART TWO: The Exercises -- Chapter 7 Kettlebell warm-up -- Chapter 8 Preparation exercises -- Chapter 9 Foundation exercises -- Chapter 10 Exercise progressions -- PART THREE: Training Recommendations -- Chapter 11 Training parameters and application -- Chapter 12 Example training sessions -- Chapter 13 Competitive kettlebell training -- Glossary.
Sommario/riassunto	Originating from Russia, kettlebell training is now a global phenomenon with clubs, gyms and individuals investing in equipment and training. Including information on the benefits of kettlebell training, this book explains how to use the equipment safely and provides warm-ups, drills and training programmes for all levels.