

Announcing!

Music and Dance—Critical Factors of Practice and Conditioning (Second Edition) *by Ken Hutchins*

Hard-copy copies of “Music and Dance” (Second Edition) by Ken Hutchins are ready to ship. They are \$35 each, and are sold to previous purchasers of the PDF version (First Edition) for \$10 (limit one copy per customer).

The Second Edition:

- Consists of 512 pages.
- Measures 5 1/2 X 8 1/2 inches.
- Contains 170 color graphics.

The Second Edition includes:

- One new chapter *Specifically for Dancers*.
- Five additional appendices, including:
 - *Mindful versus Mindless Movement*.
 - *The Myth of Diaphragmatic Breathing*.
 - *CounterPink* (about the corruption of the breast cancer industry).
- Crucial new information on diet and type-II diabetes management are embedded in a previously existing chapter.

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Shown here on the home page are two other PDFs: One is the *Table of Contents* and the other is of the front, spine, and back cover of the book, which gives another perspective to the content.

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This book contains the presentation for exercise instructors to finally cinch the argument against the Aerobics nonsense! Some instructors say they intend to use this book for marketing purposes by giving each of their present clients a copy.