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Shasha Hu

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The Bridal Wave Erin Torneo, Valerie Cabrera Krause, 2007 A humorous survival guide to coping with the panic that ensues when it seems everyone you know is getting married explains how to deal with the fears of never finding the perfect spouse the cost of supplying gifts for everyone else feelings of envy and resentment and other crises Original 25 000 first printing *Good Housekeeping*, 2000 *New York*, 2006-03 *Glamour*, 1999 *Thriving Beyond Fifty (Expanded Edition)* Will Harlow MSc, MCSP, Cert. MA, 2024-10-01 THE SUNDAY TIMES BESTSELLER Rebuild strength flexibility and confidence through proven exercises to target the causes of aches pains and strains that come with age What if growing older didn't have to mean growing weaker If you've been told that pain in your back shoulders or knees is just part of ageing it's time to rethink what's possible Thriving Beyond Fifty is a warm expert led guide to restoring mobility improving flexibility and building natural strength using simple exercises you can do at home Written by physiotherapist Will Harlow this book offers 111 safe targeted stretching and movement routines designed specifically for those over 50 to treat a range of common conditions Whether you're managing arthritis recovering from injury or just feeling stiff from years of sitting these gentle methods help you feel stronger more comfortable and more confident in your everyday life You'll discover how to Address common causes of back shoulder neck hip and knee pain Improve your posture balance and mobility with step by step home exercises Protect your joints from arthritis and inflammation with smarter movement tips Boost your energy and resilience using natural stretching and strengthening routines Build a daily practice that supports long term flexibility independence and vitality Thriving Beyond Fifty is more than a fitness book it's a compassionate guide to reclaiming your body and re engaging with the life you love Whether your goal is to improve your walking garden without strain or simply get up from the floor with ease this guide meets you where you are and helps you move forward one stretch at a time *Thriving Beyond Fifty (Expanded Edition)* Will Harlow BSc, MSc, MCSP, Cert. MA, 2024-10-01 THE SUNDAY TIMES BESTSELLER Rebuild strength flexibility and confidence through proven exercises to target the causes of aches pains and strains that come with age What if growing older didn't have to mean growing weaker If you've been told that pain in your back shoulders or knees is just part of ageing it's time to rethink what's possible Thriving Beyond Fifty is a warm expert led guide to restoring mobility improving flexibility and building natural strength using simple exercises you can do at home Written by physiotherapist Will Harlow this book offers 111 safe targeted stretching and movement routines designed specifically for those over 50 to treat a range of common conditions Whether you're managing arthritis recovering from injury or just feeling stiff from years of sitting these gentle methods help you feel stronger more comfortable and more confident in your everyday life You'll discover how to Address common causes of back shoulder neck hip and knee pain Improve your posture balance and mobility with step by step home exercises Protect your joints from arthritis and inflammation with smarter movement tips Boost your energy and resilience using natural stretching and strengthening routines Build a daily practice that supports

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