



The Pilates Path to Health: Body, Mind, and Spirit

Gary Calderone

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"Gary Calderone personally recognizes the healing gift of Pilates. The practice of the Pilates Method offered Gary support in his process of healing

from a serious illness. Healing is an inside job. Most of us are not given an owner's manual: We bungle toward balance and health. We rush. We eat and drink too much, too little. We work more and play less. We live outside of our natural selves; holding up; putting off, or just getting through until we can "feel or x" it later, until we can turn a corner and discover

the truth--health is the natural state of the body. Balance is within our grasp. That's the gift of this book: a contemporary voice of who, what, and how we find that balance. The Pilates Path to Health emerged from the concepts of the foundational work of Joseph Pilates' Contrology. Gary, a contemporary voice in the Pilates community, recognizes Pilates as more than just an exercise regimen. He sees Pilates as a healthy lifestyle. Because Pilates is

evolving in a global community where people are seeking balance in all categories of their lives, this book is timely, acting as a marker of how Pilates is adapting and serving a 21st century world.

Book Award: The 2012 Readers' Choice Award for Best-in-Pilates book!"

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