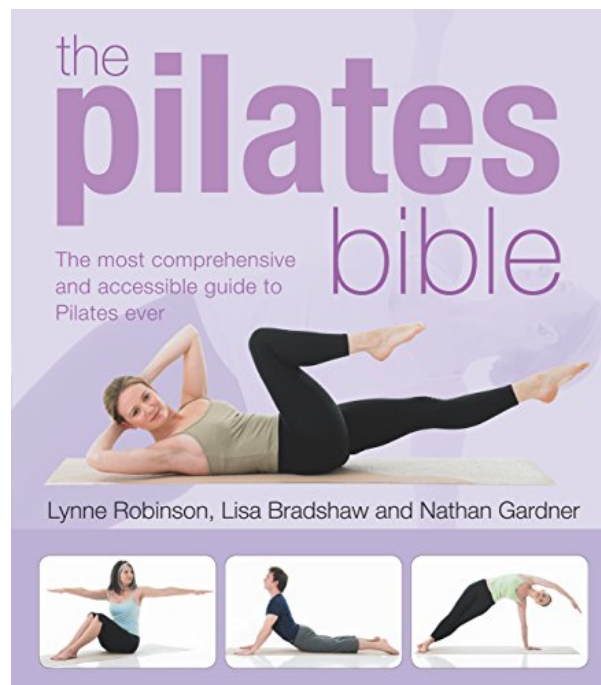
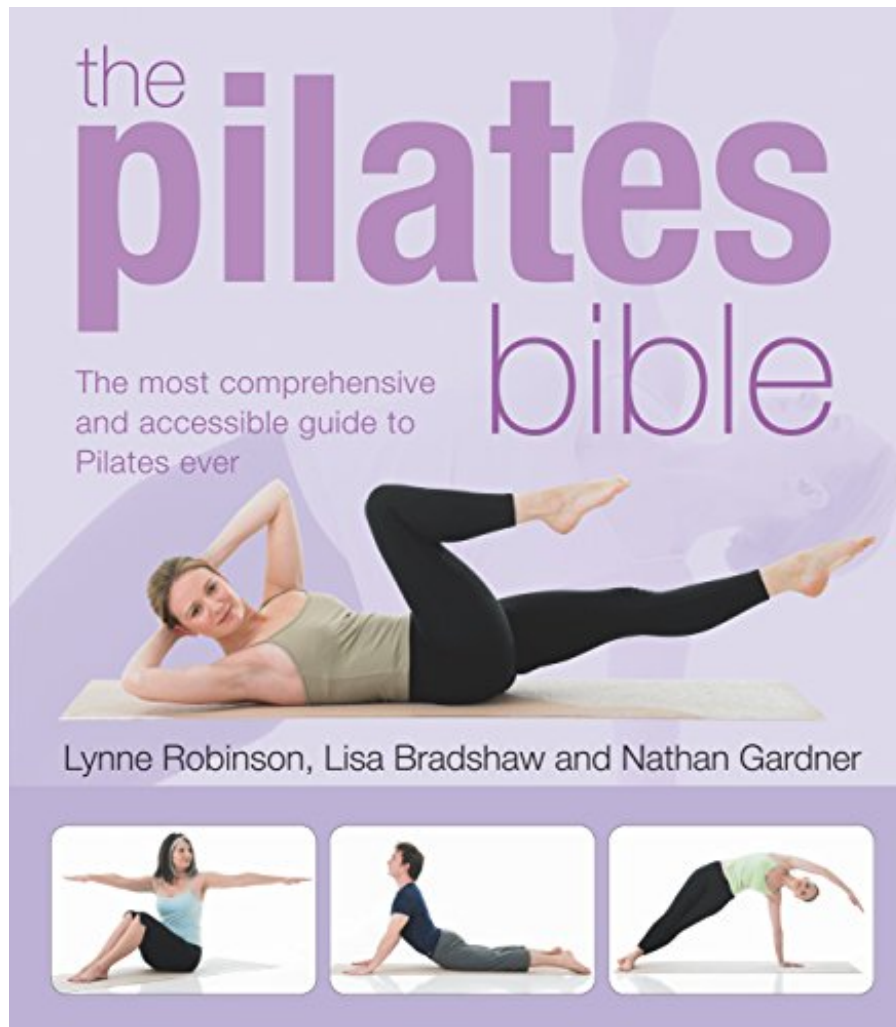


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Review

An exceptional resource for beginners and professionals alike.... Whether you just want to learn about this wonderful exercise form, a novice looking for additional guidance, or an old hand hoping to increase your repertoire and skill level, this book will not disappoint. The dictionary definition for "bible" (spelled in lower case) is: any book, reference work, periodical, etc., accepted as authoritative, informative, and reliable. The Pilates Bible certainly meets all of these criteria, and lives up to hype that it is the best book on the subject to date. (Susannah Kent Vitality Magazine 2011-04-30)

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Good Reference for people who study Pilates

By Abroad

I refer to this book for reinforcement. It's a great resource. Now and then, especially in group classes, it's hard for the instructor to keep an eye on all of us and I like to go back to this book to remind myself how to do things correctly.

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