

# Body By Jake Firmflex User Guide

**The Body** 2007

**U.S. News & World Report** 1993

*Time: Your Body* Editors of Time Magazine 2008-12-16 Explores the human body in illuminating detail and provides hands on strategies for eating better, working out more effectively, aging with grace and maintaining your good health.

**Making the How-to Video** Michael Joseph Caruso 1996

**New York Magazine** 1993-10-04 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country. With award-winning writing and photography covering everything from politics and food to theater and fashion, the magazine's consistent mission has been to reflect back to its audience the energy and excitement of the city itself, while celebrating New York as both a place and an idea.

**The Body, Revised Edition** Patricia Daniels 2014 Previous edition: *Body: the complete human: how it grows, how it works, and how to keep it healthy and strong* / foreword by Richard Restak; text by Patricia Daniels ... et al. 2007.

*Corpus* Jon Jackson 2000

**Your Body** 2008 Explores the human body in illuminating detail and provides hands on strategies for eating better, working out more effectively, aging with grace and maintaining your good health.

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