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SPORT

SPRING 2022

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THE SPORTS
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SPRING 2022

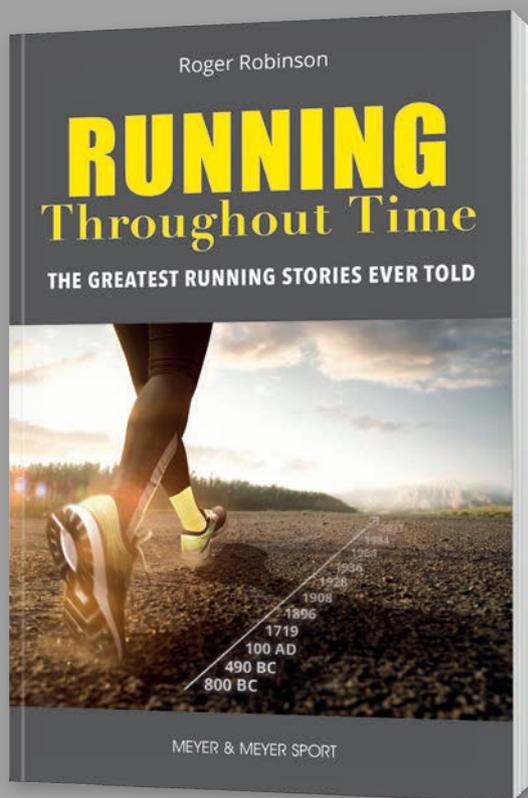
CONTENTS

NEW TITLES	4-11
RUNNING NARRATIVE	4-5
TRIATHLON NARRATIVE	6
SOCCER	7
NARRATIVE	8
FITNESS & HEALTH	9
SCIENCE	10
COACHING	11
NEW RELEASE DATES	12-13
MEYER & MEYER ONLINE	14
FOLLOW OUR NEW AUTHORS	15
BACKLIST	16-35
AUTHORS & EDITORS	36-37
INDEX	38
YOUR CONTACTS	39

RUNNING THROUGHOUT TIME

THE GREATEST RUNNING STORIES EVER TOLD

FEBRUARY 2022



Every runner's story is part of a great tradition of running stories. *Running Throughout Time* tells the best and most important of them. From Atalanta, the heroic woman runner of ancient Greece to the new legends of Billy Mills, Joan Benoit Samuelson, and Allison Roe (the modern Atalanta), this book brings the greatest runners back to life.

Colorful, dramatic, alive with human insight and period detail, these stories are also full of new discoveries. The book uncovers important evidence on the first road races, the origins of cross-country running, and the true story why racers must run exactly 26 miles, 385 yards (42.2 km) in a marathon. It also tells more modern stories, like those of women's marathon activist, Kathrine Switzer, and more.

Roger Robinson is a vivid storyteller and a lifelong elite runner who knows the sport deeply and passionately. All runners should read this book to really know whose footsteps they run in and why running is worthy of the effort they give to it.

ROGER ROBINSON is a unique combination of long-time elite runner, award-winning writer, literary scholar, historian, and front-line journalist. Roger has contributed frequently to *Runner's World*, *Running Times*, *Marathon & Beyond*, *Podium Runner*, *New Zealand Runner*, and *Canadian Runner* and has won four American awards for his writing. Roger has been married for 34 years to women's running pioneer Kathrine Switzer. They currently split their time between Wellington, New Zealand, and New Paltz, New York.



440 p., in color
93 photos & illus. as color insert
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ISBN: 9781782552413

**\$ 18.95 US/
£ 16.95 UK/€ 18.95 EUR**



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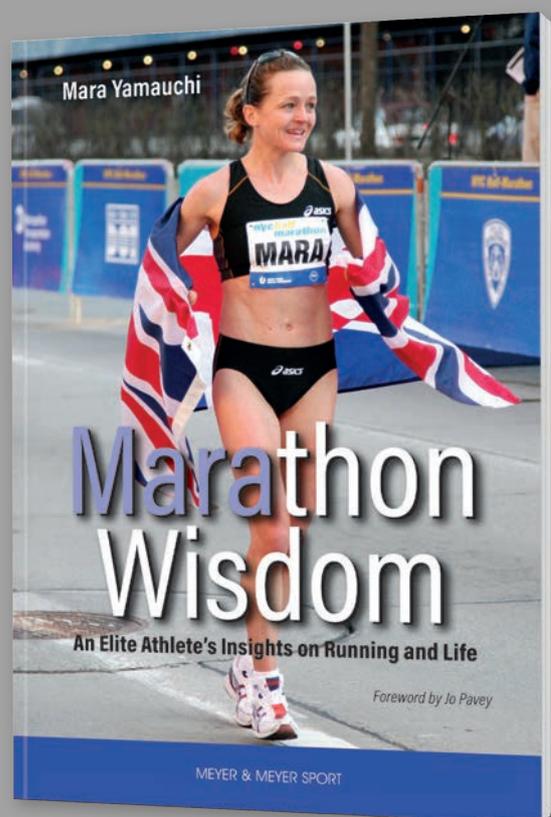
MARATHON WISDOM

AN ELITE ATHLETE'S INSIGHTS ON RUNNING AND LIFE

MAY 2022

Mara Yamauchi is a two-time Olympian, Commonwealth Games bronze medalist, and the UK's second-fastest female marathon runner ever with a personal best of 2:23:12. But there is much more to Mara than just running fast.

This book of 42,195 insights—the number of kilometers in a marathon—distills the wealth of wisdom and experience Mara has gained as a world-class athlete. From planning training, optimizing nutrition, and preparing effectively for racing to coping with disappointments and struggles with mental illness, Mara shares everything she has learned—good and bad—as one of the world's top marathoners. She encourages readers to think critically to understand how to improve and set their own goals. This book also takes the reader into the revered world of distance running in Japan, one of the world's marathon superpowers. It has something for everyone, from beginner runners to competitive athletes and those aspiring to the very top.



MARA YAMAUCHI is a British former elite marathon runner and former diplomat. She is the UK's second-fastest female marathon runner of all time, a two-time Olympian, Commonwealth Games bronze medalist, and London Marathon runner-up. Her sixth-place finish in the 2008 Beijing Olympics is the best performance ever by a British woman in the Olympic marathon. She grew up in Kenya and has lived and worked in Japan for nine years. She now lives in London and works as a writer, commentator, and coach.



304 p., in color
20 photos & illus.
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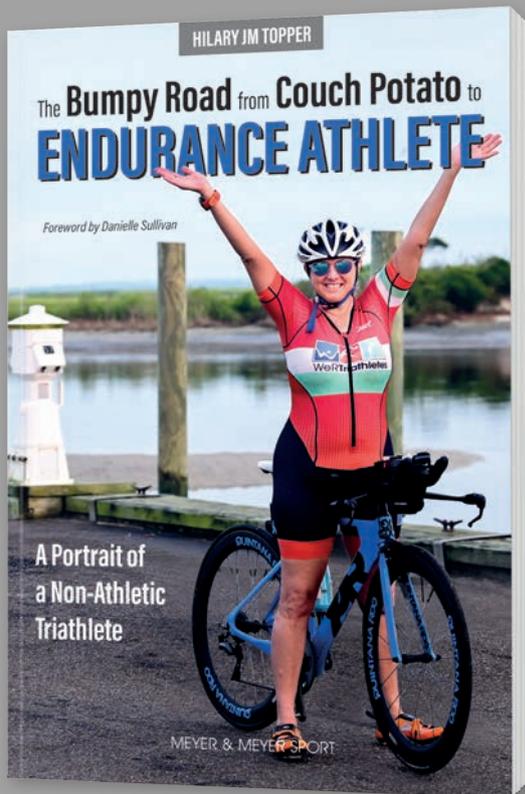
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THE BUMPY ROAD FROM COUCH POTATO TO ENDURANCE ATHLETE

A PORTRAIT OF A NON-ATHLETIC TRIATHLETE

AUGUST 2022



This book is for those who have ever thought they were too old or too unfit to compete in a triathlon. It is about overcoming life's obstacles—from injury and business trouble to grief and loss and everything in between.

Hilary Topper was a 48-year-old working mother. She was working 60-plus hours a week, running a small business. Her focus was always on others. Meanwhile, her weight kept increasing, and she was unhappy with the way her life was going. To turn things around, she joined a gym for the first time.

This book will take the reader on Hilary's decade-long journey as she trains for and runs her first 5K, swims the aqua-blue waters of the Caribbean, cycles a hilly course in Milwaukee, learns how to run-walk her way through the New York City Marathon, and competes in her first triathlon in Sanibel, Florida. Even if a reader doesn't start out as an endurance athlete, after reading this book, they will walk away feeling that no matter what happens, they can cross the finish line, too.



HILARY JM TOPPER, MPA, is a 30-year public relations veteran. She runs both HJMT Public Relations Inc., a full-service public relations and social media agency, and HJMT Media Company. She is also an adjunct professor at Hofstra University, teaching digital communications and public relations classes to undergraduate and graduate students. She is a level 1 USA certified coach, a Galloway-certified running coach, and a certified personal trainer. She runs an international triathlon team, WeREndurance, and she has a local running club where she meets weekly with her members. She lives on Long Island.



312 p., in color
22 photos & illus.
Paperback, 5.5" x 8.5"

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ESSENTIAL PRACTICES FOR PLAYER DEVELOPMENT

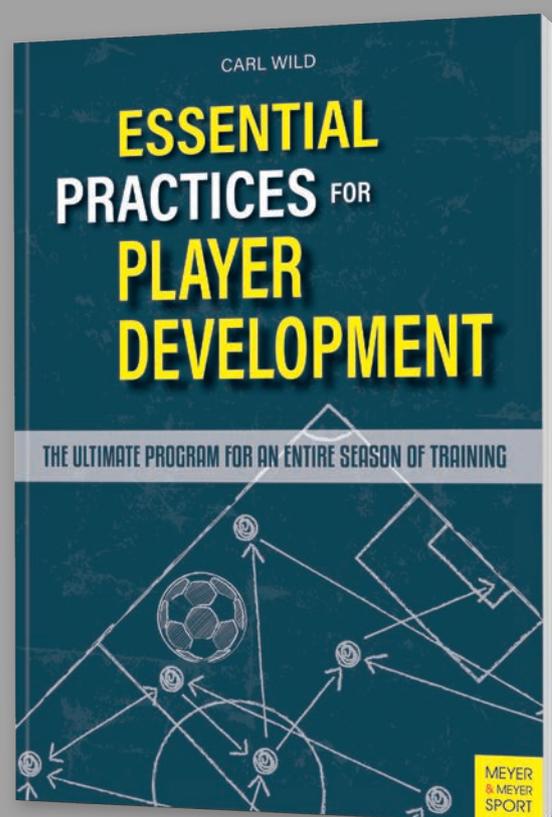
AUGUST 2022

THE ULTIMATE PROGRAM FOR AN ENTIRE SEASON OF TRAINING

Essential Practices for Player Development provides the reader with 10 core soccer practice sessions that coaches can use to develop key areas of the game and players will find enjoyable and challenging. There are 9 adaptations provided with each core practice, making 100 practices in total. Every practice is linked to one key area of the game that is identified as being essential to player development.

To support practice delivery, the book covers key aspects of session planning so that the most effective learning environment is produced for the players. Also included is information on long-term player development, recognizing and supporting individual player needs, interventions, and player challenges.

This book is for both beginner and advanced coaches. All practices provided can be used exclusively to create training curriculum for a full season. The sessions can also be used to form the foundations of the curriculum, leaving room for a coach to add in those favorite practices.



CARL WILD has coached professional men's and women's soccer for many clubs. He has also coached grassroots soccer and supported grassroots coaches through his roles with the English Football Association. He was a coach mentor and a coach educator, delivering on a number of the English Football Association's coaching awards. Carl also has a MSc in Sport Performance Coaching, and he is the program leader and lecturer for a BA (Hons) course on Football Coaching and Management. Carl's first book, *The Intelligent Soccer Coach*, was published by Meyer & Meyer Sport in 2021.



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100 photos

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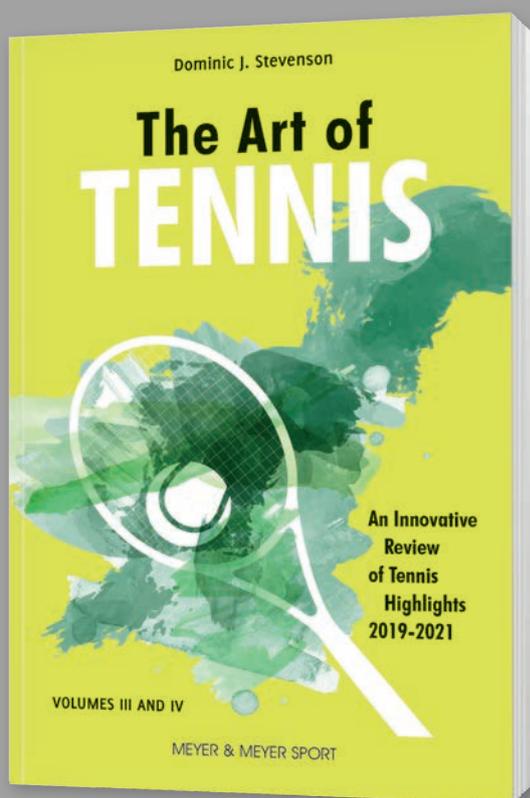


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THE ART OF TENNIS

MAY 2022

AN INNOVATIVE REVIEW OF TENNIS HIGHLIGHTS 2019-2021



The Art of Tennis covers the excitement of the sport from Wimbledon 2019 through the Covid-19 pandemic up to Wimbledon 2021. As play resumed, there were many questions surrounding its return, and the author examines these and how the sport of tennis fights to prevail as the virus continues to redefine modern life.

The book follows the latest comebacks from Roger Federer, Serena Williams, and Andy Murray and looks at how Daniil Medvedev, Stefanos Tsitsipas, and Alexander Zverev reached their first major finals. In the women's game, Barbora Krejčíková, Bianca Andreescu, and Sofia Kenin make big stage breakthroughs, and Naomi Osaka continues to rule on hard courts. In late 2020, some remarkable tennis took place in empty arenas. 2021 saw tournaments coinciding with the virus reshaping daily life. With thoughtful observations, the author comments on the many aspects of professional tennis, both on and off the courts, providing his own unique perspective on this beautiful sport.



DOMINIC J. STEVENSON is the author of *Portrait Writing*, *An Artist's Eye View of the Football World Cup 2018*, and *The Art of Tennis, Volumes I and II*. Dominic hails from the UK. He has lived in Spain, Hungary, Poland, and Germany. He is an avid tennis fan and follows the sport closely. He currently resides in Denmark.



232 p., b/w

Paperback, 5.5" x 8.5"

ISBN: 9781782552383

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BACKING YOURSELF

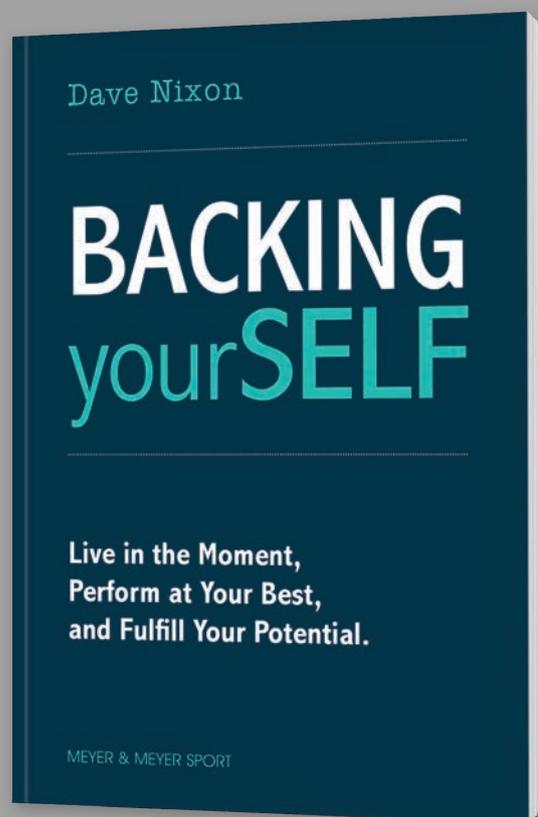
LIVE IN THE MOMENT, PERFORM AT YOUR BEST, AND FULFILL YOUR POTENTIAL

AUGUST 2022

It's not much of a secret: No one has it all figured out. If they did, it would mean they've reached their final destination—nothing more to do, no more challenges to face. The good news is that one does not need to have all the answers to be able to maximize their potential and perform at their best.

Backing yourSELF offers various mental and physical practices to uncloud the mind and enhance focus, so whether a person attempts to achieve more on the field, in the boardroom, or even in family life, this book will guide them on their journey.

Building on the methods outlined in the author's previous book, *Minding yourSELF*, for how to approach training, nutrition, and the work-life balance, *Backing yourSELF* offers further practical examples for performing at one's best—in daily life, in work, or in sports. It will guide readers in those practical steps that will help attach true meaning to what it is to fulfill their potential.



Since 2004, **DAVE NIXON** has trained and coached clients and athletes in the fitness and health industry. He has presented seminars on functional movement and performance-based mindsets to gyms and personal trainers. In 2012, Dave founded FUNC, a private coaching gym. Dave is also the founder and operator of Alpha Theta, helping elite athletes worldwide adapt their mindsets for performance and mental preparation to reach their potential and the podium. Dave also runs a daily podcast, Alpha Theta Flow. He currently resides in Australia.



200 p., b/w

10 photos

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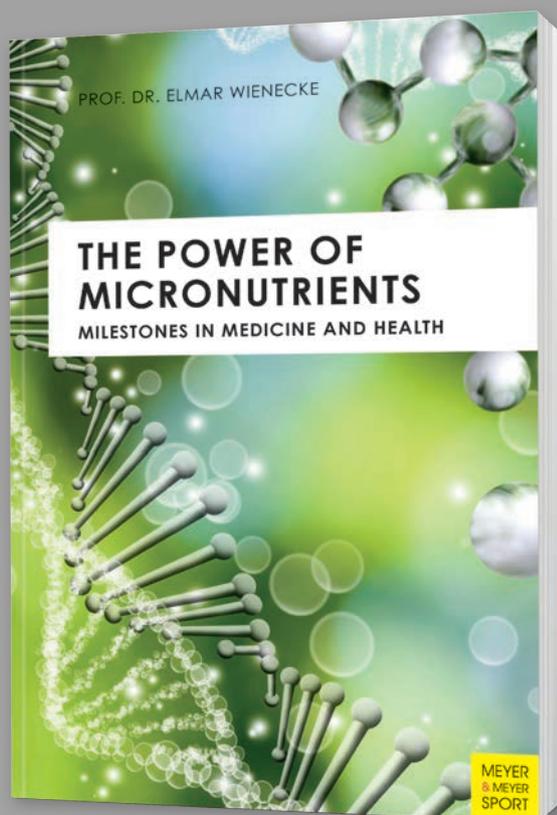
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THE POWER OF MICRONUTRIENTS

MARCH 2022

MILESTONES IN MEDICINE AND HEALTH



Recent results show that every other person—regardless of age—complains of chronic fatigue, susceptibility to infections, difficulty concentrating, listlessness, lack of motivation, headaches, exhaustion, and much more. If biochemical imbalances are recognized and corrected in time, then everyone can increase their quality of life by self-regulating the body. Even the top athlete can fully exploit their performance potential. Today, people with mood disorders, patients, and even executives and top athletes benefit from the author's successful energy concept. His research in the field of micronutrient therapy led to the publication of this work, which outlines the powerful effect micronutrients have on performance and overall health.

In recognition of outstanding scientific research and development, Prof. Dr. Elmar Wienecke and his team have received the Innovation Award of the Foundation for Health and Environment (SfGU), Switzerland.

PROF. DR. ELMAR WIENECKE holds a degree in sports teaching as well as a doctorate in sports science that he received from the Sport University in Cologne, Germany. He co-founded SALUTO, an internationally recognized center of excellence for health and fitness in Germany, and established the Foundation for Micronutrients – Prevention, Health, Quality of Life. In 2016, he received an endowed professorship in Sport, Nutrition, and Regulatory Medicine in the Department of Human Resources, Health and Social Affairs at the FHM.



296 p., in color

100 photos

Paperback, 6.5" x 9.5"

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**\$ 26.95 US/
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REDEFINE COACHING & ATHLETE DEVELOPMENT IN SPORTS

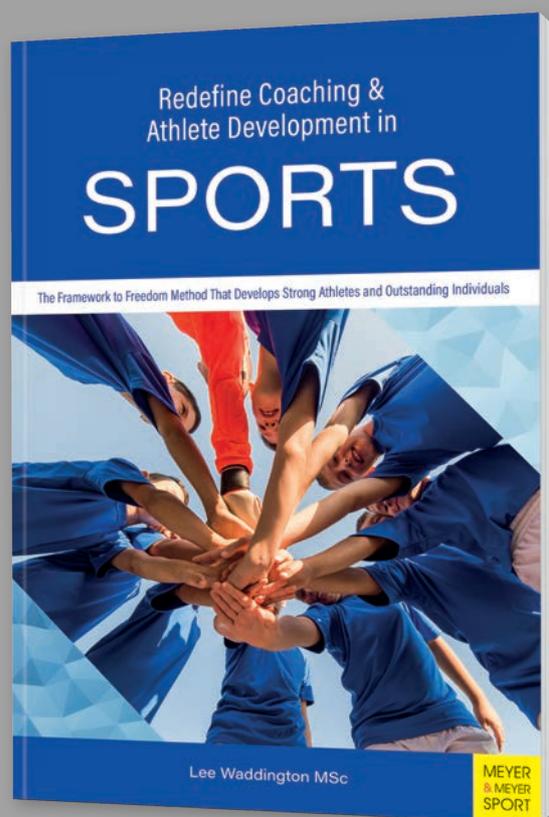
APRIL 2022

THE FRAMEWORK TO FREEDOM METHOD THAT DEVELOPS STRONG ATHLETES AND OUTSTANDING INDIVIDUALS

This is the first book to combine academic research, professional experience, and applied practice to redefine how sports coaching is delivered and how athletes are developed. Written by a leader in the field of soccer coaching, this book introduces academic evidence for applying the Framework to Freedom system to practice, on and off the field.

The Framework to Freedom system focuses on the whole child, not just playing abilities. It examines four key areas: coaching, care, connectivity, and consumption. Using sport as the cornerstone, the system develops the child through a unique game-based coaching program underpinned by the science of learning. Outlined are current issues within sports coaching as well as creative solutions supported by academic research from disciplines such as neuroscience and sports science.

It is an essential resource for any coach or parent looking to deliver practices that develop strong athletes and outstanding individuals.



LEE WADDINGTON is a UEFA "A" licensed and FA Advanced Youth Award qualified coach with a master's degree in Applied Sport & Exercise Psychology. Lee has worked for several Premier League clubs, including Manchester United, Nottingham Forest, Blackburn Rovers, Manchester City, and Burnley, and has been involved in the UK professional academy system for nearly 30 years. He has assisted many players through his unique athlete development system, Framework to Freedom, to become professional soccer players in the UK and overseas, from the Premier League to the A League.



288 p., b/w

6 photos & illus.

Paperback, 6.5" x 9.5"

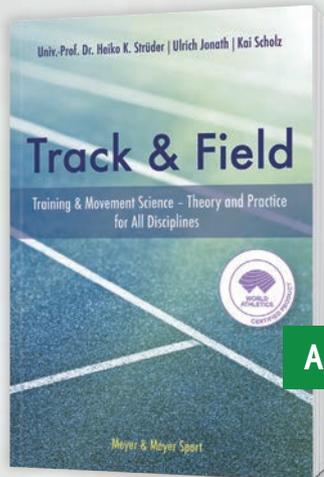
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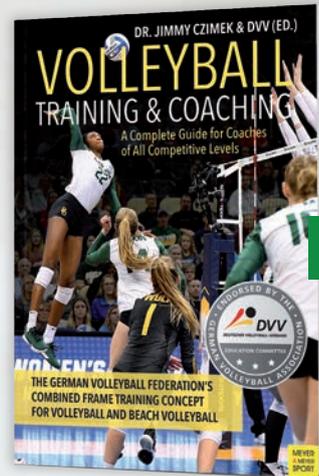
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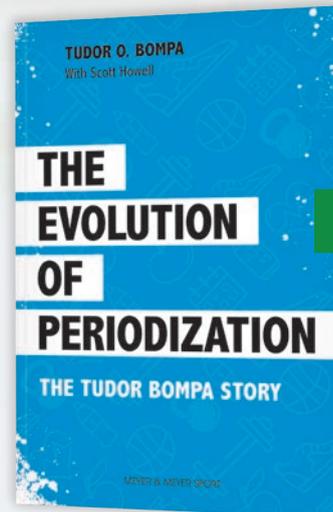
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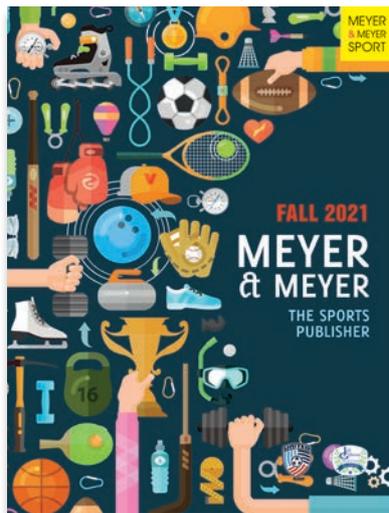


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We look forward to hearing from you!



Fall 2022



Fall 2021



Spring 2021



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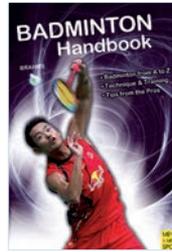
MARA YAMAUCHI

Twitter: @mara_yamauchi
Instagram: @mara_yamauchi

BADMINTON

THE PHILOSOPHY OF THE GAME

Badminton is one of the fastest sports in the world, and a smash by a Chinese player has been measured at 206 miles per hour, faster even than a golf ball. Just as badminton has grown in popularity around the world in the past 20 years, and has now been recognized as an Olympic Sport, the sport itself has also changed a great deal.

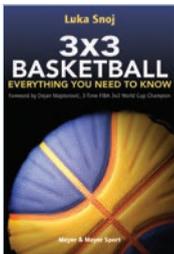


Bernd-Volker Brahm
BADMINTON HANDBOOK
 Training – Tactics – Competition

This compact, groundbreaking training manual gives the reader an overall insight into the world of badminton. Training theory and background information about the sport and its stars relate the excitement of this sport.

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BASKETBALL



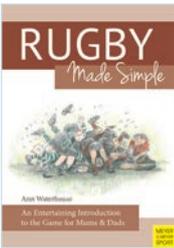
Luka Snoj
3X3 BASKETBALL
 Everything You Need to Know

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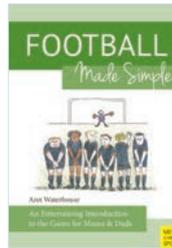
MADE SIMPLE



Ann Waterhouse
RUGBY MADE SIMPLE
 An Entertaining Introduction to the Game for Mums & Dads

If you will be cheering on a rugby touch line this winter, but are still mystified by the antics on the pitch, this is the book for you.

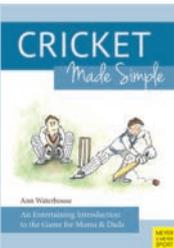
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Ann Waterhouse
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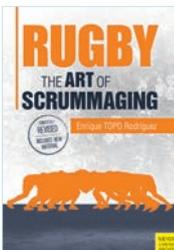
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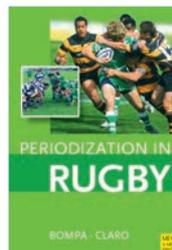
RUGBY



Enrique TOPO Rodríguez
RUGBY: THE ART OF SCRUMMING
 A History, a Manual and a Law Dissertation on the Rugby Scrum

The Art of Scrumming is an authoritative work on scrumming, covering every conceivable aspect from history, technique, safety and physical conditioning to scrum law.

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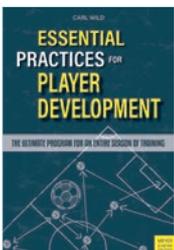


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SOCCER



Carl Wild
ESSENTIAL PRACTICES FOR PLAYER DEVELOPMENT
 The Ultimate Program for an Entire Season of Training

With 10 core practices, each with 9 adaptations, coaches will have 100 practices to create a training curriculum for a full season. Also instructs on long-term player development, supporting players' needs, and creating an effective learning environment.

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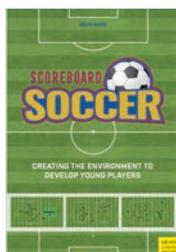


Lee Waddington
REDEFINE COACHING & ATHLETE DEVELOPMENT IN SPORTS
 The Framework to Freedom Method That Develops Strong Athletes and Outstanding Individuals

This is the first book to combine academic research, professional experience, and applied practice to redefine the way in which sports coaching is delivered and how athletes are developed.

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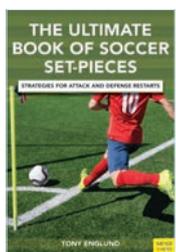
NEW



David Baird
SCOREBOARD SOCCER
 Creating the Environment to Develop Young Players

This book presents the fun, inclusive, and nurturing environments of the Scoreboard Soccer concept which can be used to develop young players' skills. Also provided is a complete Scoreboard Soccer curriculum which can be used as a longer-term development plan.

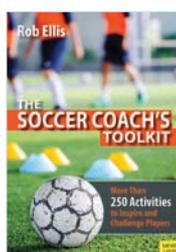
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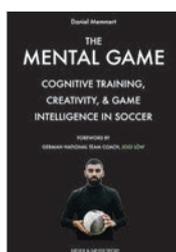
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Rob Ellis
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 More Than 250 Activities to Inspire and Challenge Players

Gives soccer coaches more than 250 high-quality activities for all age ranges and playing abilities that can either be used as one-off sessions for player development or as part of a competitive training program and are proven to develop players.

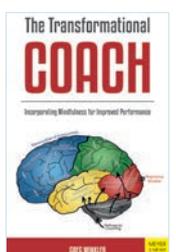
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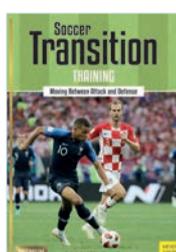
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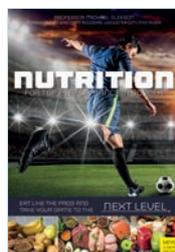
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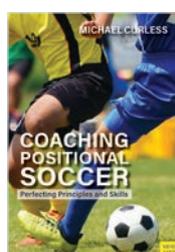
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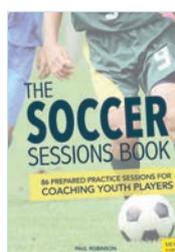
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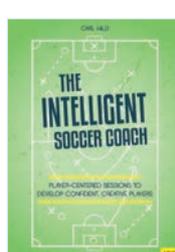
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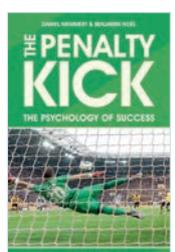
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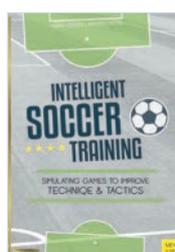
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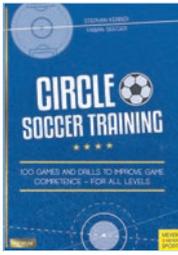
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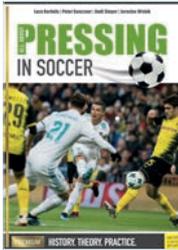
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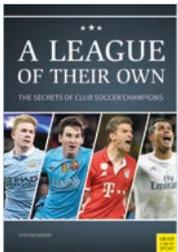
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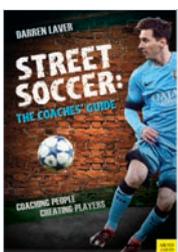
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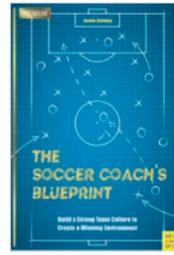
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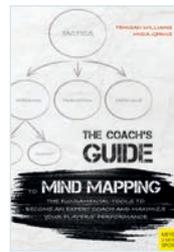
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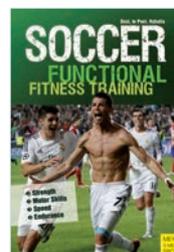
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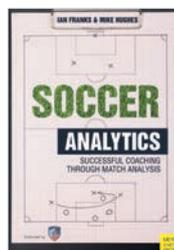
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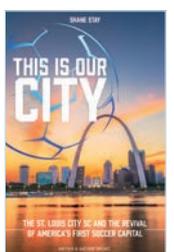
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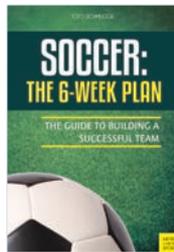


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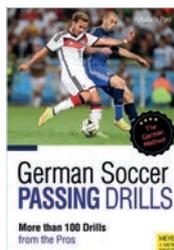
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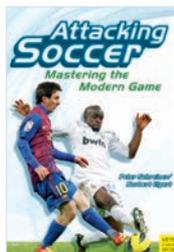
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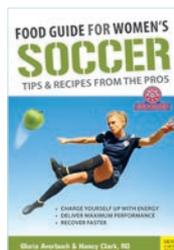
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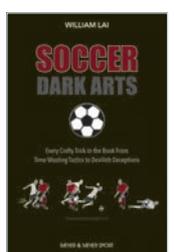
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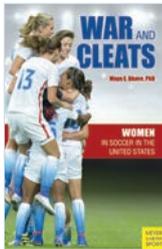
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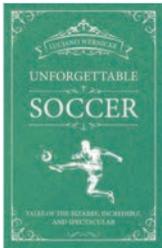
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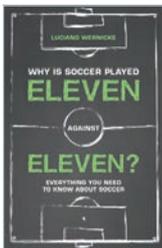
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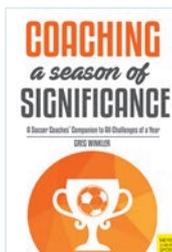
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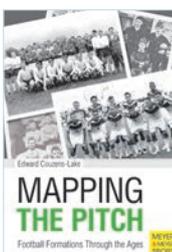
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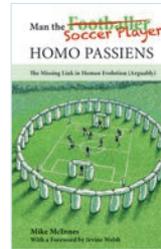
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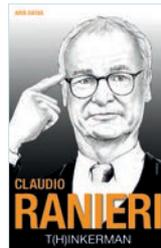
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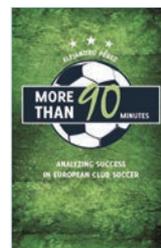
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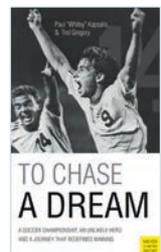
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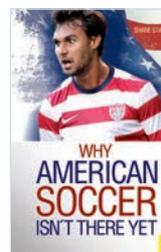
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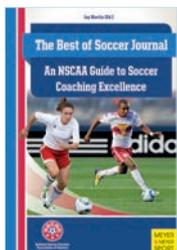
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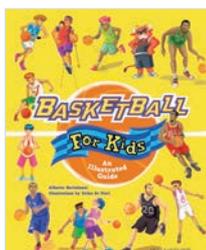
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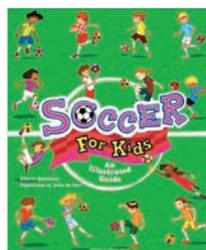
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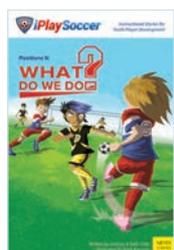
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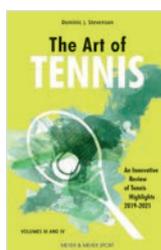
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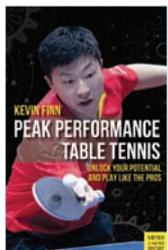
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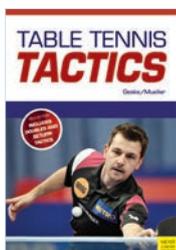
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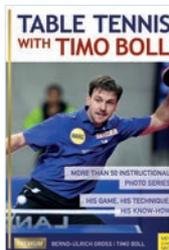
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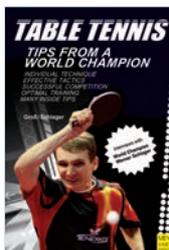
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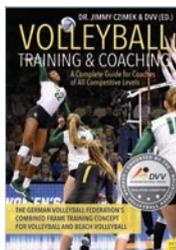


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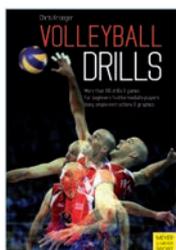
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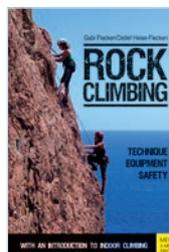
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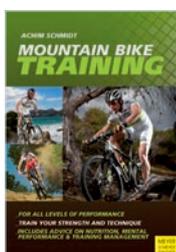


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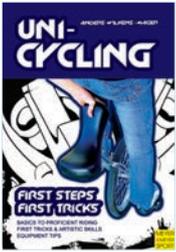
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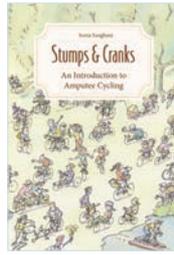
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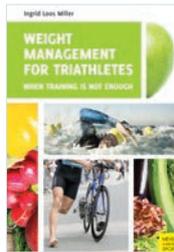
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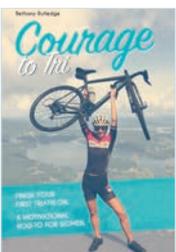
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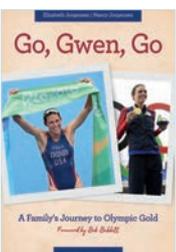


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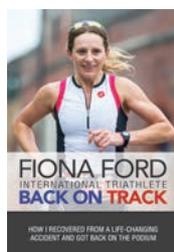
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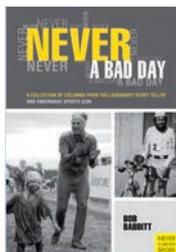
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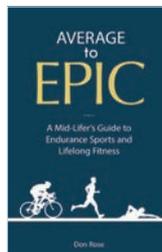
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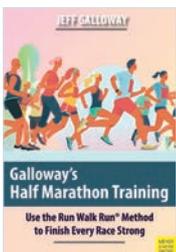
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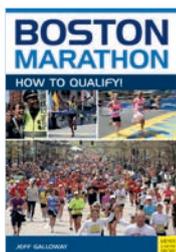
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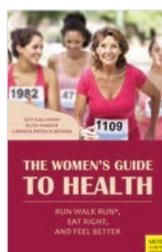
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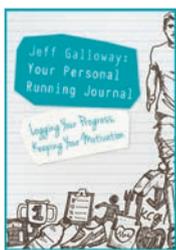
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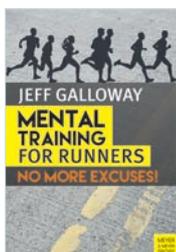
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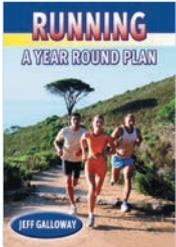
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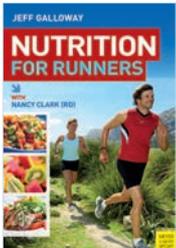
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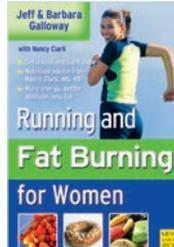
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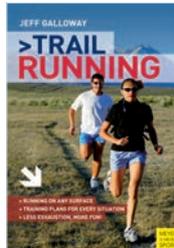
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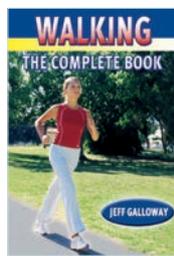
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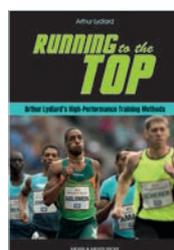
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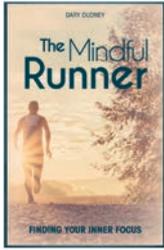
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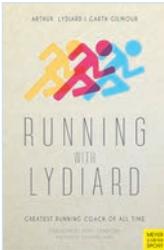
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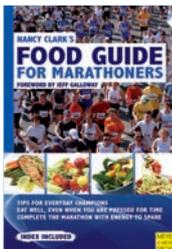
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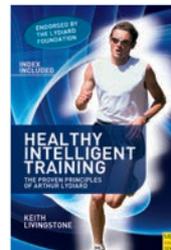
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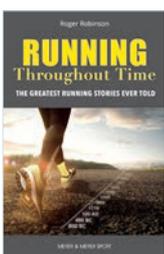
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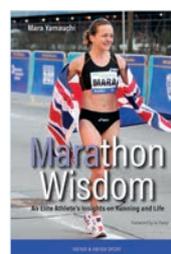


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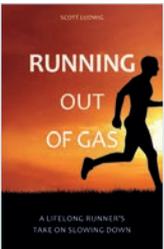
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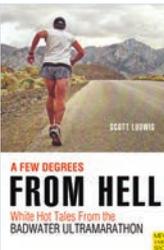
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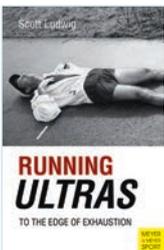
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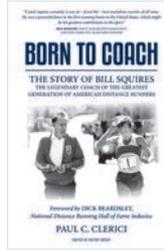
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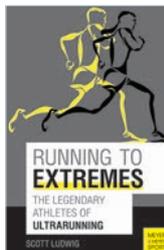
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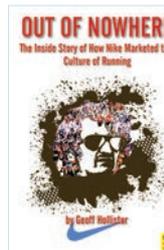
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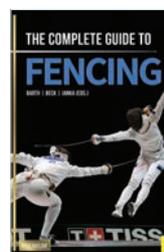
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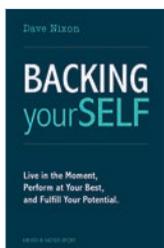
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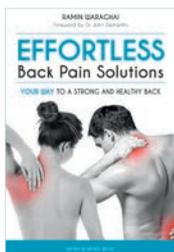


Dave Nixon
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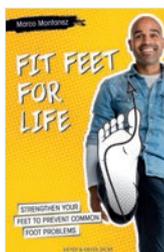
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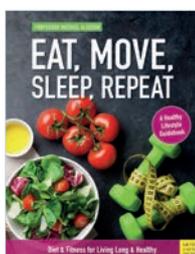
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Famous Fencers:

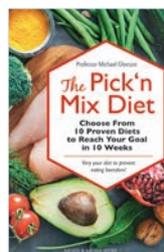
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- ▶ Neil Diamond, entertainer – saber.
- ▶ Prince Albert of Monaco – saber.
- ▶ General George Patton, competed in fencing in the 1912 Olympics.
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Sophie Bertrand & Bari Stricoff
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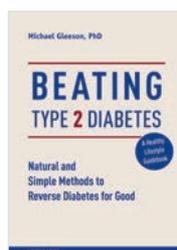
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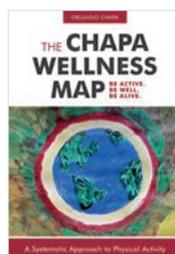
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Clear the Crap. Take back your Life through Mindset, Movement, & Nutrition

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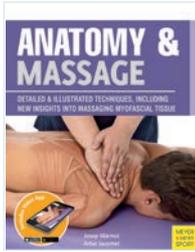
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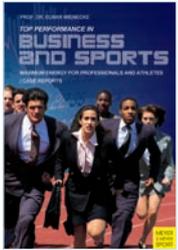
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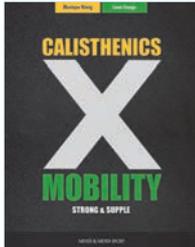
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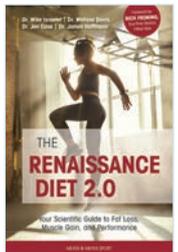
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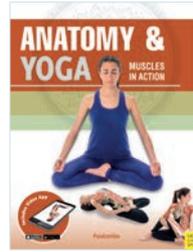
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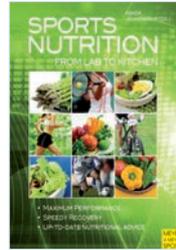
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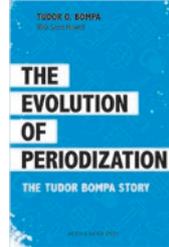
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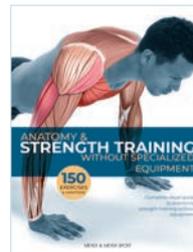
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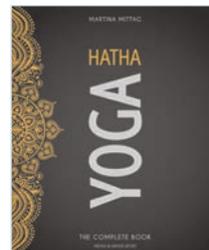
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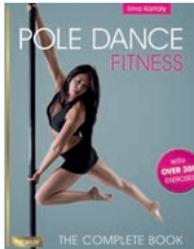
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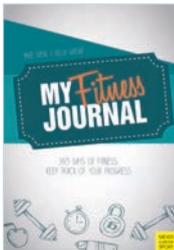
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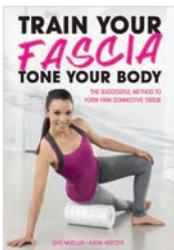
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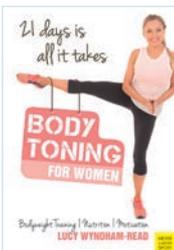
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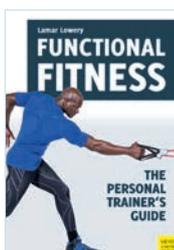


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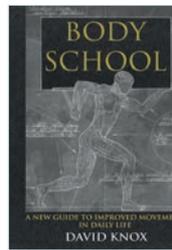
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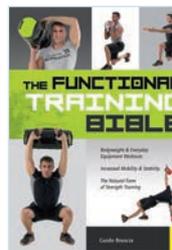
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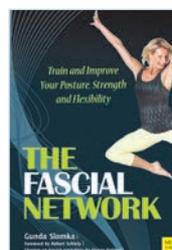
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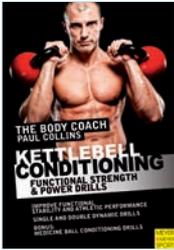
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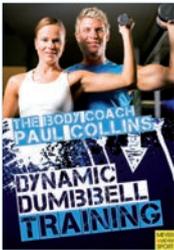
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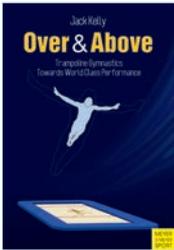
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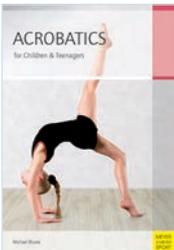
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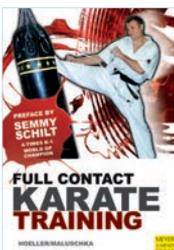
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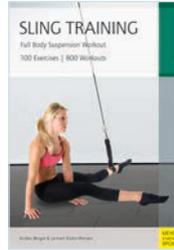
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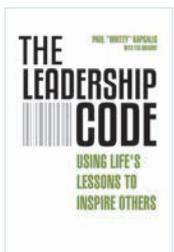
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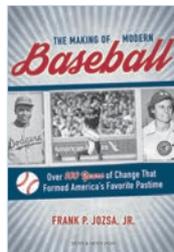
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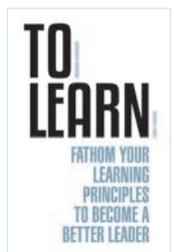
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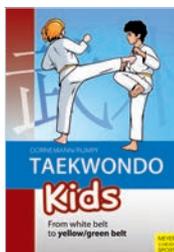
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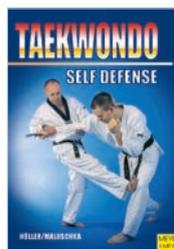
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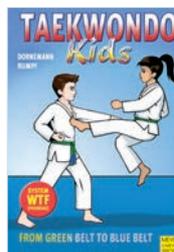
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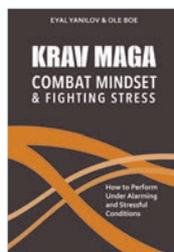
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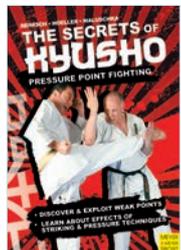
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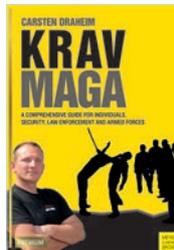
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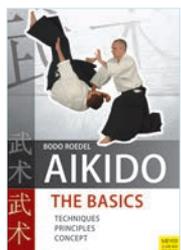
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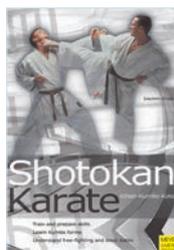
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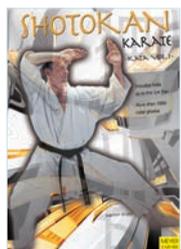
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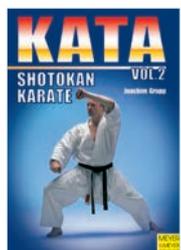
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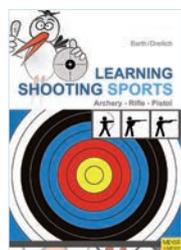
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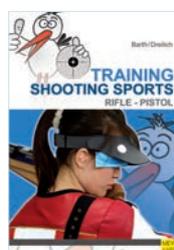
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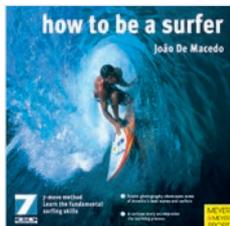
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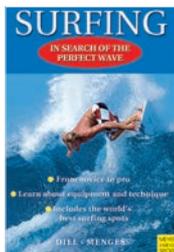
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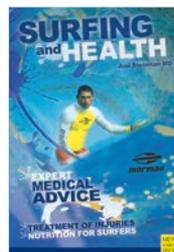
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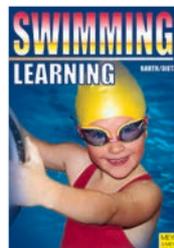
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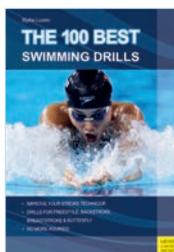
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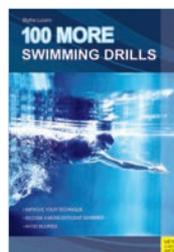
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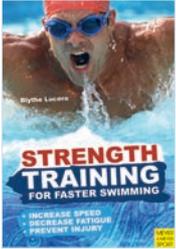
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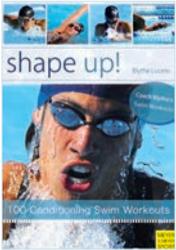
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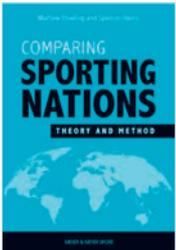
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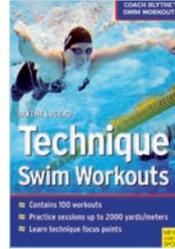
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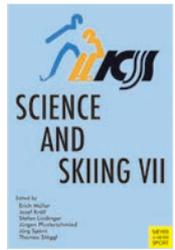


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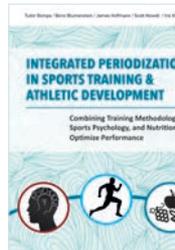
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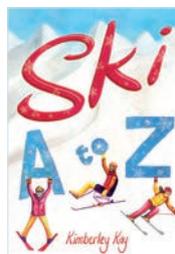
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AUTHORS & EDITORS

- A**
- Anders-Wilkens, Andreas..... 23
 Ash, Henry 23
 Averbuch, Gloria..... 19
 Avsar, Zuleyha..... 29
 Ayton, Tracey..... 34
- B**
- Babbitt, Bob 24
 Baird, David 15, 17
 Barnhart, Richard..... 32
 Barth, Berndt 27, 28
 Barth, Katrin..... 27, 28, 33, 34
 Bauer, Guenther 31
 Beck, Emil 27
 Berget, Anders 31
 Bertolazzi, Alberto..... 21
 Bertrand, Sophie 28
 Bhave, Maya..... 20
 Blume, Michael 31
 Blumenstein, Boris 35
 Boe, Ole..... 32
 Boll, Timo 22
 Bompa, Tudor..... 13, 16, 29, 35
 Borbely, Laco..... 18
 Brahms, Bernd-Volker 16
 Bruscia, Guido 30
- C**
- Caruso, Andy..... 32
 Carney, Jason 18
 Case, Jen 29
 Chapa, Orlando 28
 Clark, Nancy..... 19, 25, 26
 Claro, Frederick 16
 Clerici, Paul C..... 27
 Coll, Mireia Patino 29
 Collins, Paul 31
 Couzens-Lake, Edward 20
 Curless, Michael..... 17
 Czimek, Jimmy 13, 20
- D**
- Davis, Melissa 29
 De Macedo, Joao 34
 Diehl, Mike..... 29, 30
 Diel, Peter 34
- Dietze, Jurgen..... 34
 Dornemann, Volker 32
 Dost, Harry..... 18
 Dowling, Matthew 35
 Draheim, Carsten 32, 33
 Dreilich, Beate 33
 Dreiskämper, Dennis 35
 Dudley, Gary 26
- E**
- Elgert, Norbert..... 19
 Ellis, Rob 17
 Engler, Rainer..... 21
 Englund, Tony..... 15, 17, 18
- F**
- Faga, Josh..... 18
 Fave, Loic 18
 Fincke, Andree 17
 Finn, Kevin 15, 22
 Fischer, Sebastian 34
 Flecken, Gabi..... 22
 Ford, Fiona 23
 Franks, Ian 19
 Frey, Roch 23
 Fritsch, Wolfgang..... 34
- G**
- Galloway, Barbara 24
 Galloway, Brennan..... 25
 Galloway, Jeff 15, 24, 25
 Ganczner, Peter..... 18
 Gatas, Aris..... 20
 Gerling, Ilona E..... 31, 33
 Gerdes, Hauke 30
 Gervis, Misia 18
 Geske, Klaus-M..... 22
 Gilmour, Garth..... 26
 Gleeson, Mike 15, 17, 28
 Gregory, Ted 20, 32
 Grewe, Felix..... 29, 30
 Groß, Bernd-Ulrich 22
 Grupp, Joachim..... 33
- H**
- Hannaford, David 25
 Harris, Spencer..... 35
- Heise-Flecken, Detlef..... 22
 Hermans, Vic..... 21
 Hertzner, Karin 30
 Hoeller, Juergen..... 31, 32, 33
 Hollister, Geoff 27
 Hoffmann, James..... 29, 35
 Holden, Ben..... 34
 Howell, Scott 29, 35
 Hřebík, Jaroslav 18
 Huddle, Paul..... 23
 Hughes, Mike 19
 Hyballa, Peter..... 18, 19
- I**
- Israetel, Mike 29
- J**
- Jacomet, Artur 29
 Janka, Claus 27
 Jankowski, Timo 19
 Jeukendrup, Asker..... 29
 Jorgensen, Elizabeth..... 23
 Jorgensen, Nancy 23
 Josza, Frank P..... 32
- K**
- Kapsalis, Paul "Whitey" 20, 32
 Kartaly, Irina 30
 Kay, Kimberley 15, 35
 Kelly, Jack..... 31
 Kerber, Stephan..... 18
 Kibele, Armin..... 34
 King, Jim D. 32
 King, Lori Ann 32
 Kistenmacher, Kai 30
 Kleanthous, Mark 23
 Knox, David 30
 König, Monique 29
 Kogel, Helmut..... 31
 Kroeger, Chris..... 22
 Kroell, Josef 35
 Krohn-Hansen, Lennart 31
- L**
- Lai, William 19
 Laver, Darren..... 18
 Limmer, Michael..... 30

Lindinger, Stefan	35
Little, Lindsay.....	21
Little, Seth.....	21
Livingstone, Keith.....	26
Loos Miller, Ingrid	23
Lowery, Chris	30
Lowery, Lamar.....	30
Lucero, Blythe	34, 35
Ludwig, Scott.....	27
Lutz, Christian.....	29
Lydiard, Arthur	25, 26

M

MacPhail, Ann	29
Mager, Robert	23
Major, Kerri	28
Maluschka, Axel.....	31, 32, 33
Marmol, Josep.....	29
Martin, Jay	21
McInnes, Mike.....	20
Memmert, Daniel	17
Menges, Eric.....	34
Mittag, Martina.....	29
Montanez, Marco	28
Muller, Erich.....	35
Mueller, Divo.....	30
Mueller, Jens	22
Murphy, TJ.....	23

N

Nixon, Dave	9, 15, 28
Noël, Benjamin.....	17
Nolte, Volker.....	34

O

Olbrich, Wolfgang	26
Orbach, Iris.....	35

P

Pach, Alexander	33
Papageorgiou, Athanasios	22
Parker, Ruth	24
Pascarella, John.....	17, 18
Patrick Mohan, Carmen.....	24
Penker, Marlies	23
Perez, Alejandro	20
Pfeiffer, Ute.....	31
Pfusterschmied, Juergen	35

R

Rahn, Stefanie.....	29
Ralf, Matthias.....	30
Reinisch, Stefan.....	33
Roberts, Justin	32
Robinson, Paul	15, 17
Robinson, Roger	4, 15, 26
Rodriguez, Enrique TOPO.....	16
Roedel, Bodo.....	33
Rose, Don.....	24
Rumpf, Wolfgang.....	32
Rutledge, Bethany.....	23

S

Sanghani, Sonia.....	23
Saxena, Ashu	19
Scheuer, Claude.....	35
Schlager, Werner	22
Schmidt, Achim	22
Schmidt, Stephan	18
Schmugge, Toto	19
Schreiner, Peter.....	19
Scholz, Kai.....	25
Schwanbeck, Klaus.....	27
Seabourne, Tom	30
Seeger, Fabian.....	17, 18
Seijas, Guillermo	29
Siebert, Steffen	18
Singer, Andi.....	18
Singh, Gino.....	30
Slomka, Gunda.....	30
Snoj, Luka	15, 16
Sommer, Frank.....	31
Spoerri, Joerg	35
Stay, Shane	15, 19, 20
Staeger, Leon.....	29
Stegmann, Tim	18
Steinman, Joel.....	34
Stevenson, Dominic J.....	8, 15, 21
Stoeggl, Thomas	35
Stricoff, Bari	28
Strüder, Heiko.....	13, 25

T

Tannehill, Deborah	29
te Poel, Hans-Dieter	18, 19
Topper, Hilary JM	6, 15, 23

U

Ufer, Michele	26
---------------------	----

V

van Dijk, Hans.....	22, 26
van Megen, Ron	22, 26
Vroemen, Guido.....	22

W

Waddington, Lee.....	11, 15, 16
Waraghai, Ramin	28
Waterhouse, Ann.....	16
Wernicke, Luciano	20
Wienecke, Elmar.....	10, 29, 35
Wild, Carl	7, 15, 16, 17
Williams, Temisan	18
Winkler, Greg.....	17, 20
Witfeld, Alexander.....	33
Wright, David.....	34
Wyndham-Read, Lucy.....	30

Y

Yamauchi, Mara	5, 15, 26
Yanilov, Eyal	32

Z

Zimmermann, Holly.....	26
------------------------	----

INDEX

- A**
 Acrobatics..... 31
 Adventure Sports 22
 Aikido..... 33
- B**
 Badminton..... 16
 Basketball 15, 16, 21
 Body Toning 30
 Bodyweight Training..... 30, 31
- C**
 Calisthenics..... 29
 Climbing 22
 Coaching..... 7, 9, 11, 16-21, 22, 23
 Cricket 16
 Cycling..... 22, 23, 32
- D**
 Diet 24, 26, 28, 29, 30
 Dumbbell..... 31
- E**
 Endurance 6, 18, 23, 24, 25, 29
- F**
 Fascia 29, 30
 Fat Burning..... 25, 29
 Fencing..... 27, 28
 Fitness..... 9, 10, 18, 28-31
 Football (see Soccer)
 For Kids 21
 Functional Training..... 28, 30
 Futsal 21
- G**
 Gaming & Fitness..... 30
 Gymnastics..... 31
- H**
 Half-Distance Triathlon 23
 Half-Marathon 24
 Health..... 24, 28, 29, 34, 35
- J**
 Jeff Galloway 15, 24-25
 Judo..... 31
- K**
 Karate..... 31, 33
 Kettlebell..... 30, 31
 Kids Swimming..... 34
 Kyusho 33
- M**
 Made Simple 16
 Marathon..... 4, 5, 6, 24, 25, 26, 27
 Martial Arts..... 31, 33
 Massage 29
 Mental Training 24, 26
 Mountain Biking..... 22, 23
- N**
 Narrative 4, 5, 6, 8, 19-20,
 23-24, 26-27, 32
 Nike..... 27
 Nordic Pole Walking 27
 Nutrition..... 5, 9, 10, 17, 19, 22-30
- P**
 Parkour & Freerunning..... 33
 Periodization 13, 16, 19, 29, 35
 Pole Dance 30
 Pilates 29
- R**
 Rock Climbing 22
 Rowing 34
 Rugby 16
 Running..... 4, 5, 6, 24-27
- S**
 Science 10, 11, 25, 35
 Scrummaging 16
 Self-Defense 31, 32, 33
 Sexuality..... 31
 Shooting Sports..... 33
- Shotokan Karate..... 33
 Skiing 35
 Sling Training..... 31
 Soccer..... 7, 11, 15-20
 Soccer for Kids 21
 Soccer Journal 21
 Soccer Narrative 19-20
 Street Soccer 18
 Strength Training..... 29-31, 35
 Surfing..... 34
 Swimming..... 34-35
 Swimming Drills..... 34
- T**
 Table Tennis 22
 Taekwondo 32
 Track & Field 13, 25
 Trail Running..... 25
 Trampoline Gymnastics 31
 Triathlon 6, 23-24
- U**
 Ultrarunning 26-27
 United Soccer Coaches 21
 United Soccer Coaches Endorsed 19
- V**
 Volleyball..... 13, 22
- W**
 Walking 25, 27
 Water Sports..... 34
 Wellness..... 28
 Winter Sports 35
 Women's Soccer 19
- Y**
 Yoga 29

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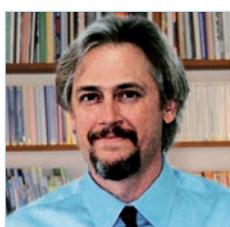


Publisher

Martin Meyer

E-Mail: martin.meyer@m-m-sports.com

SALES DEPARTMENT



USA Sales & Distribution

Tom Doherty

Cardinal Publishers Group
2402 N. Shadeland Ave., Suite A

Indianapolis, IN 46219-1137

Phone: +1 (0) 3 17-3 52-82 00

Fax: +1 (0) 3 17-3 52-82 02

E-Mail: tdoherty@cardinalpub.com

www.cardinalpub.com



UK Sales & Distribution

Geoff Cowen

Meyer & Meyer Sport (UK) Ltd.

31, Furze Platt Road, Maidenhead,

Berkshire SL67NE

Phone: +44 (0) 16 28 77 05 42

E-Mail: geoffcowen@meyer-meyer-sport.co.uk

EDITORIAL DEPARTMENT

For editorial issues, book proposals and questions about the program, please contact:



Editorial & Marketing

Liz Evans

Phone: +49 (0) 2 41 - 9 58 10-17

www.m-m-sports.com

E-Mail: liz.evans@m-m-sports.com



International Sales

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Fachverlag & Buchhandel GmbH
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52080 Aachen, Germany
Phone: +49 (0) 2 41-9 58 10-0
www.m-m-sports.com
verlag@m-m-sports.com



Meyer & Meyer Media
Von-Coels-Straße 390
52080 Aachen, Germany
Phone: +49 (0) 2 41-9 58 10-0
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Meyer & Meyer SPORT (UK) Ltd.
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Germany

Brockhaus
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Switzerland

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Asia (Representation)

Julian Ashton
Ashton International Marketing
Services
18b, Granville Road,
Sevenoaks, Kent, TN13 1EY, UK
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New Zealand

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EDITORS:

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edited at the University of Brighton
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Printed in Germany

cover graphic & p. 2-3 & 12-13: ©Jacob Lund/stock.adobe.com, oneinchpunch/stock.adobe.com (p. 16), jipixs/stock.adobe.com (p. 16), 103ttn/
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