

# SWEAT

DEBORAH BLADON

📖 **SWEAT** BILL HAYES, 2022-01-18 A NEW YORKER BEST BOOK OF THE YEAR AN ESQUIRE BEST NONFICTION BOOK OF 2022 FROM INSOMNIAC CITY AUTHOR BILL HAYES, WHO CAN TACKLE JUST ABOUT ANY SUBJECT IN BOOK FORM, AND MAKE YOU GLAD HE DID (SF CHRONICLE)-A CULTURAL, SCIENTIFIC, LITERARY, AND PERSONAL HISTORY OF EXERCISE. EXERCISE IS OUR MODERN OBSESSION, AND WE HAVE THE FANCY WORKOUT GEAR AND FADS FROM HIIT TO SPIN CLASSES TO HOT YOGA TO PROVE IT. EXERCISE-A FORM OF PHYSICAL ACTIVITY DISTINCT FROM SPORTS, PLAY, OR ATHLETICS-WAS AN ANCIENT OBSESSION, TOO, BUT AS A CHAPTER IN HUMAN HISTORY, IT'S BEEN LARGELY OVERLOOKED. IN SWEAT, BILL HAYES RUNS, JOGS, SWIMS, SPINS, WALKS, BIKES, BOXES, LIFTS, SWEATS, AND DOWNWARD-DOGS HIS WAY THROUGH THE ORIGINS OF DIFFERENT FORMS OF EXERCISE, CHRONICLING HOW THEY HAVE EVOLVED OVER TIME, DISSECTING THE DYNAMICS OF HUMAN MOVEMENT. HIPPOCRATES, PLATO, GALEN, SUSAN B. ANTHONY, JACK LALANNE, AND JANE FONDA, AMONG MANY OTHERS, MAKE APPEARANCES IN SWEAT, BUT CHIEF AMONG THE HISTORICAL FIGURES IS GIROLAMO MERCURIALE, A RENAISSANCE-ERA ITALIAN PHYSICIAN WHO AIMED SINGLEHANDEDLY TO REVIVE THE ANCIENT GREEK "ART OF EXERCISING" THROUGH HIS 1569 BOOK DE ARTE GYMNASTICA. THOUGH LARGELY FORGOTTEN OVER THE PAST FIVE CENTURIES, MERCURIALE AND HIS ILLUSTRATED TREATISE WERE PIONEERING, AND ARE BROUGHT BACK TO LIFE IN THE PAGES OF SWEAT. HAYES TIES HIS OWN PERSONAL EXPERIENCE-AND OURS-TO THE CULTURAL AND SCIENTIFIC HISTORY OF EXERCISE, FROM ANCIENT TIMES TO THE PRESENT DAY, GIVING US A NEW WAY TO UNDERSTAND ITS PLACE IN OUR LIVES IN THE 21ST CENTURY.

📖 **THE JOY OF SWEAT: THE STRANGE SCIENCE OF PERSPIRATION** SARAH EVERTS, 2021-07-13 A NEW YORK TIMES MOST ANTICIPATED BOOK OF THE SUMMER A TABOO-BUSTING ROMP THROUGH THE SHAME, STINK, AND STRANGE SCIENCE OF SWEATING. SWEATING MAY BE ONE OF OUR WEIRDEST BIOLOGICAL FUNCTIONS, BUT IT'S ALSO ONE OF OUR MOST VITAL AND LEAST UNDERSTOOD. IN THE JOY OF SWEAT, SARAH EVERTS DELVES INTO ITS ROLE IN THE BODY-AND IN HUMAN HISTORY. WHY IS SWEAT SALTY? WHY DO WE SWEAT WHEN STRESSED? WHY DO SOME PEOPLE PRODUCE COLORFUL SWEAT? AND SHOULD YOU WORRY ABOUT BIG BROTHER TRACKING THE HUNDREDS OF MOLECULES THAT LEAK OUT IN YOUR SWEAT-NOT JUST THE STINKY ONES OR ALLEGED PHEROMONES-BUT THE ONES THAT REVEAL SECRETS ABOUT YOUR HEALTH AND VICES? EVERTS'S ENTERTAINING INVESTIGATION TAKES READERS AROUND THE WORLD-FROM MOSCOW, WHERE SHE PARTICIPATES IN A DATING EVENT IN WHICH PEOPLE SNIFF SWEAT IN SEARCH OF LOVE, TO NEW JERSEY, WHERE COMPANIES HIRE TRAINED ARMPIT SNIFFERS TO ASSESS THE EFFICACY OF THEIR ANTI-SWEAT PRODUCTS. IN FINLAND, EVERTS EXPLORES THE DELIGHTS OF THE LEGENDARY SMOKE SAUNA AND THE PURPORTED HEALTH BENEFITS OF GOOD SWEAT, WHILE IN THE NETHERLANDS SHE SLIPS INTO THE SAUNA THEATER SCENE, REplete WITH COSTUMES, SPECIAL EFFECTS, AND TOWEL DANCING. ALONG THE WAY, EVERTS TRACES HUMANITY'S LONG QUEST TO CONTROL SWEAT, CULMINATING IN THE MULTIBILLION-DOLLAR INDUSTRY FOR DEODORANTS AND ANTIPERSPIRANTS. AND SHE SHOWS THAT WHILE SWEATING CAN BE ANNOYING, OUR SOPHISTICATED TEMPERATURE CONTROL STRATEGY IS ONE OF HUMANITY'S MOST POWERFUL BIOLOGICAL TRAITS. DEEPLY RESEARCHED AND WRITTEN WITH GREAT ZEST, THE JOY OF SWEAT IS A FRESH TAKE ON A GROSS BUT ENGROSSING FACT OF HUMAN LIFE.

📖 **SWEAT** LYNN NOTTAGE, 2018-02-07 WINNER OF THE 2017 PULITZER PRIZE. FILLED WITH WARM HUMOR AND TREMENDOUS HEART, SWEAT TELLS THE STORY OF A GROUP OF FRIENDS WHO HAVE SPENT THEIR LIVES SHARING DRINKS, SECRETS, AND LAUGHS WHILE WORKING TOGETHER ON THE FACTORY FLOOR. BUT WHEN LAYOFFS AND PICKET LINES BEGIN TO CHIP AWAY AT THEIR TRUST, THE FRIENDS FIND THEMSELVES PITTED AGAINST EACH OTHER IN A HEART-WRENCHING FIGHT TO STAY AFLOAT.

📖 **SWEAT** BILL HAYES, 2022-01-18 'I WAS RIVETED BY SWEAT AND ITS EXTRAORDINARY TALE OF THE UPS AND DOWNS OF EXERCISE OVER MILLENNIA' JANE FONDA 'A DELIGHT ... YOU'RE IN FOR A TREAT' ALISON BECHDEL, AUTHOR OF THE SECRET TO SUPERHUMAN STRENGTH \_\_\_\_\_ FROM THE AUTHOR OF INSOMNIAC CITY 'WHO CAN TACKLE JUST ABOUT ANY SUBJECT IN BOOK FORM, AND MAKE YOU GLAD HE DID' (SAN FRANCISCO CHRONICLE): A CULTURAL, SCIENTIFIC, LITERARY, AND PERSONAL HISTORY OF EXERCISE EXERCISE IS OUR MODERN OBSESSION, AND WE HAVE THE FANCY WORKOUT GEAR AND FADS TO PROVE IT. EXERCISE - A FORM OF PHYSICAL ACTIVITY DISTINCT FROM SPORTS, PLAY, OR ATHLETICS - WAS AN ANCIENT OBSESSION, TOO, BUT AS A CHAPTER IN HUMAN HISTORY, IT'S BEEN LARGELY OVERLOOKED. IN SWEAT, BILL HAYES RUNS, JOGS, SWIMS, SPINS, WALKS, BIKES, BOXES, LIFTS, SWEATS, AND DOWNWARD-DOGS HIS WAY THROUGH THE ORIGINS OF DIFFERENT FORMS OF EXERCISE, CHRONICLING HOW THEY HAVE EVOLVED OVER TIME, AND DISSECTING THE DYNAMICS OF HUMAN MOVEMENT. HIPPOCRATES, PLATO, GALEN, SUSAN B. ANTHONY, JACK LALANNE, AND JANE FONDA, AMONG MANY OTHERS, MAKE APPEARANCES IN SWEAT, BUT CHIEF AMONG THE HISTORICAL FIGURES IS GIROLAMO MERCURIALE, A RENAISSANCE-ERA ITALIAN PHYSICIAN WHO AIMED SINGLEHANDEDLY TO REVIVE THE ANCIENT GREEK "ART OF EXERCISING" THROUGH HIS 1569 BOOK DE ARTE GYMNASTICA. IN THE PAGES OF SWEAT, MERCURIALE AND HIS ILLUSTRATED TREATISE ARE VIVIDLY BROUGHT BACK TO LIFE. AS HAYES TIES HIS OWN PERSONAL EXPERIENCE TO THE CULTURAL AND SCIENTIFIC HISTORY OF EXERCISE, FROM ANCIENT TIMES TO THE PRESENT DAY, HE GIVES US A NEW WAY TO UNDERSTAND ITS PLACE IN OUR LIVES IN THE 21ST CENTURY.

📖 **NO SWEAT** MICHELLE SEGAR, 2015-06-10 DO YOU SECRETLY HATE EXERCISING? STRUGGLE TO STICK WITH A PROGRAM? MILLIONS OF PEOPLE TRY AND FAIL TO STAY FIT. BUT WHAT IF EXERCISING IS THE REAL PROBLEM, NOT YOU? MOTIVATION SCIENTIST AND BEHAVIOR EXPERT MICHELLE SEGAR?TRANSLATES YEARS OF RESEARCH ON EXERCISE AND MOTIVATION INTO A SIMPLE FOUR-POINT PROGRAM THAT WILL EMPOWER YOU TO BREAK THE CYCLE OF EXERCISE FAILURE ONCE AND FOR ALL. YOU'LL DISCOVER WHY YOU SHOULD FORGET ABOUT WILLPOWER AND STOP GRITTING YOUR TEETH THROUGH WORKOUTS YOU HATE. INSTEAD, YOU'LL BECOME MOTIVATED FROM THE INSIDE OUT AND START TO CRAVE PHYSICAL ACTIVITY. IN NO SWEAT,

SEGAR WILL HELP YOU FIND: A STEP-BY-STEP PROGRAM FOR STAYING ENCOURAGED TO EXERCISE PLEASURE IN PHYSICAL ACTIVITY REALISTIC WAYS TO FIT FITNESS INTO YOUR LIFE THE SUCCESS OF THE CLIENTS SEGAR HAS COACHED TESTIFIES TO THE POWER OF HER PROGRAM. THEIR STORIES PUNCTUATE THE BOOK, ENTERTAINING AND EMBOLDENING YOU TO BREAK THE CYCLE OF EXERCISE FAILURE ONCE AND FOR ALL. PRACTICAL, PROVEN, AND LOADED WITH INSPIRING STORIES, NO SWEAT MAKES GETTING FIT EASIER--AND MORE FUN--THAN YOU EVER IMAGINED. GET READY TO EMBRACE AN ACTIVE LIFESTYLE THAT YOU'LL LOVE!

🔖 **SWEAT** ZORA NEALE HURSTON, 1997 NOW FREQUENTLY ANTHOLOGIZED, ZORA NEALE HURSTON'S SHORT STORY SWEAT WAS FIRST PUBLISHED IN FIRELL, A LEGENDARY LITERARY MAGAZINE OF THE HARLEM RENAISSANCE, WHOSE SOLE ISSUE APPEARED IN NOVEMBER 1926. AMONG CONTRIBUTIONS BY GWENDOLYN BENNETT, COUNTEE CULLEN, LANGSTON HUGHES, AND WALLACE THURMAN, SWEAT STOOD OUT BOTH FOR ITS ARTISTIC ACCOMPLISHMENT AND ITS EXPLORATION OF RURAL SOUTHERN BLACK LIFE. IN SWEAT HURSTON CLAIMED THE VOICE THAT ANIMATES HER MATURE FICTION, NOTABLY THE 1937 NOVEL THEIR EYES WERE WATCHING GOD; THE THEMES OF MARITAL CONFLICT AND THE DEVELOPMENT OF SPIRITUAL CONSCIOUSNESS WERE INTRODUCED AS WELL. SWEAT EXEMPLIFIES HURSTON'S LIFELONG CONCERN WITH WOMEN'S RELATION TO LANGUAGE AND THE LITERARY POSSIBILITIES OF BLACK VERNACULAR. THIS CASEBOOK FOR THE STORY INCLUDES AN INTRODUCTION BY THE EDITOR, A CHRONOLOGY OF THE AUTHOR'S LIFE, THE AUTHORITATIVE TEXT OF SWEAT, AND A SECOND STORY, THE GILDED SIX-BITS. PUBLISHED IN 1932, THIS SECOND STORY WAS WRITTEN AFTER HURSTON HAD SPENT YEARS CONDUCTING FIELDWORK IN THE SOUTHERN UNITED STATES. THE VOLUME ALSO INCLUDES HURSTON'S GROUNDBREAKING 1934 ESSAY, CHARACTERISTICS OF NEGRO EXPRESSION, AND EXCERPTS FROM HER AUTOBIOGRAPHY, DUST TRACKS ON A ROAD. AN ARTICLE BY FOLKLORIST ROGER ABRAHAMS PROVIDES ADDITIONAL CULTURAL CONTEXTS FOR THE STORY, AS DO SELECTED BLUES AND SPIRITUALS. CRITICAL COMMENTARY COMES FROM ALICE WALKER, WHO LED THE RECOVERY OF HURSTON'S WORK IN THE 1970S, ROBERT HEMENWAY, HENRY LOUIS GATES, GAYL JONES, JOHN LOWE, KATHRYN SEIDEL, AND MARY HELEN WASHINGTON.

🔖 **COLD SWEAT** YAMMA BROWN, ROBIN G. FISHER, 2014-09-01 BEING THE CHILD OF A GLOBAL SUPERSTAR IS NEVER EASY. BEING THE DAUGHTER OF THE GODFATHER OF SOUL—THAT'S A CATEGORY UNTO ITSELF. LIKE EVERY LITTLE GIRL, YAMMA BROWN WANTED HER FATHER'S ATTENTION, BUT FAME, DRUGS, JAIL, AND THE COMPLICATED WOMEN IN JAMES BROWN'S LIFE SET THE STAGE FOR AN UNCOMMON CHILDHOOD. COLD SWEAT IS ABOUT HOW YAMMA ROSE TO MEET EVERY CHALLENGE. THOUGH PACKED WITH CELEBRITY APPEARANCES RANGING FROM MICHAEL JACKSON TO AL SHARPTON, COLD SWEAT IS NOT JUST A CELEBRITY BOOK. IT FOCUSES ON AN EVERYDAY ISSUE FACED BY MILLIONS OF WOMEN—DOMESTIC VIOLENCE—AND IN THIS BOOK YAMMA FACES IT IN AN HONEST AND POWERFULLY MOVING WAY. DEALING WITH A COMPLEX AND FAMOUS FATHER EVENTUALLY TOOK A BACKSEAT TO COPING WITH HER OWN ABUSIVE AND DECEITFUL MARRIAGE. COLD SWEAT IS ABOUT HOW YAMMA GOT CAUGHT IN THE SAME TRAP AS HER MOTHER, DOING THINGS IN HER ADULT LIFE THAT, AS A CHILD, SHE'D PROMISED HERSELF SHE'D NEVER DO. BUT AT THE SAME TIME, YAMMA LEARNED VALUABLE LESSONS ABOUT LIFE FROM HER FATHER. THE STRUGGLES SHE WENT THROUGH, BOTH AS A CHILD AND AS AN ADULT, MAKE FOR A GRIPPING READ AND, IN THE END, A PROFOUND EXAMINATION OF THE NATURE OF CELEBRITY, VIOLENCE, AND SURVIVAL.

🔖 **THE SWEATY BOOK OF SWEAT** KELLY REGAN BARNHILL, 2009-07 DESCRIBES THE GROSS QUALITIES OF SWEAT, AND HOW IT WORKS TO BENEFIT A PERSON'S HEALTH--PROVIDED BY PUBLISHER.

🔖 **SWEAT** MIKKEL AALAND, 1978

🔖 **NO SWEAT** ANDREW ROSS, 1997-09-17 IN HARD-HITTING WORDS AND PICTURES, NO SWEAT SURVEYS THE CHASM BETWEEN THE GLAMOUR OF THE CATWALK AND THE SQUALOR OF THE SWEATSHOP. -- BOOK JACKET.

🔖 **OF BLOOD AND SWEAT** CLYDE W. FORD, 2022-04-05 "FORD'S OVERLAP OF PAST AND PRESENT, NARRATIVE AND COMMENTARY IS MASTERFUL, AND MAKES THIS VOLUME ALL THE MORE VALUABLE TO THOSE READERS WISE ENOUGH TO ALLOW THE PAST TO INFORM THE FUTURE. OF BLOOD AND SWEAT IS A MYTH-BUSTING WORK OF GENIUS THAT WILL STAND AS THE LAST WORD ON THIS VITAL SUBJECT FOR A LONG TIME TO COME."—ELIZABETH DOWLING TAYLOR, NEW YORK TIMES BESTSELLING AUTHOR OF A SLAVE IN THE WHITE HOUSE AND THE ORIGINAL BLACK ELITE IN THIS, PROVOCATIVE, TIMELY, AND PAINSTAKINGLY RESEARCHED BOOK, THE AWARD-WINNING AUTHOR OF THINK BLACK TELLS THE STORY OF HOW BLACK LABOR HELPED TO CREATE AND SUSTAIN THE WEALTH OF THE WHITE ONE PERCENT THROUGHOUT AMERICAN HISTORY. CLYDE W. FORD USES THE LIVES OF INDIVIDUAL BLACK MEN AND WOMEN AS A LENS TO EXPLORE THE ROLE THEY HAVE PLAYED IN CREATING AMERICAN INSTITUTIONS OF POWER AND WEALTH—IN AGRICULTURE, POLITICS, JURISPRUDENCE, LAW ENFORCEMENT, CULTURE, MEDICINE, FINANCIAL SERVICES, AND MANY OTHER FIELDS—WHILE NOT BEING ALLOWED TO FULLY PARTICIPATE OR SHARE IN THE REWARDS. TODAY, ACTIVISTS HAVE TAKEN THE STRUGGLE FOR RACIAL EQUITY AND JUSTICE TO THE STREETS. OF BLOOD AND SWEAT GOES BACK THROUGH TIME TO EXCAVATE THE ROOTS OF THIS STRUGGLE, FROM PRE-COLONIAL AFRICA THROUGH POST-CIVIL WAR AMERICA. AS FORD REVEALS, IN TRACING THE HISTORY OF ALMOST ANY MAJOR AMERICAN INSTITUTION OF POWER AND WEALTH YOU'LL FIND IT WAS CREATED BY BLACK AMERICANS, OR CREATED TO CONTROL THEM. PAINSTAKINGLY RESEARCHED AND DOCUMENTED, OF BLOOD AND SWEAT IS A COMPELLING LOOK AT THE PAST THAT HOLDS BROAD IMPLICATIONS FOR PRESENT-DAY CALLS FOR RACIAL EQUITY, RACIAL JUSTICE, AND THE ABOLISHMENT OF SYSTEMIC RACISM, AND OFFERS INVALUABLE INSIGHT INTO OUR UNDERSTANDING OF BLACK HISTORY AND THE STORY OF AMERICA.

🔖 **60-SECOND SWEAT** PATRICK STRIET, 2016-12-27 THE 60-SECOND SWEAT COMBINES HOT FITNESS TRENDS HIGH-INTENSITY INTERVAL TRAINING (HIIT) AND METABOLIC

RESISTANCE TRAINING (MRT) INTO A SINGLE EFFICIENT AND EFFECTIVE TRAINING PROGRAM, WITH EACH EXERCISE REQUIRING NO MORE THAN 1 MINUTE AT A TIME. THERE ARE—LITERALLY—THOUSANDS OF FITNESS PROGRAMS OUT THERE TO CHOOSE FROM. WHAT MAKES THE 60-SECOND SWEAT DIFFERENT? FOR THE PAST 15 YEARS, PATRICK STRIET HAS RUN A FITNESS TRAINING FACILITY IN CINCINNATI, OHIO, WHERE HE HAS WORKED WITH HUNDREDS OF EVERY DAY MEN AND WOMEN—WORKING MOMS, COLLEGE STUDENTS, SENIOR CITIZENS, MIDDLE-AGED MEN, AND MORE (PLUS A FEW ELITE ATHLETES). THROUGH THIS EXPERIENCE, HE HAS IDENTIFIED THE BARRIERS MOST PEOPLE FACE WHEN IT COMES TO EXERCISING CONSISTENTLY—LACK OF TIME, LACK OF RESULTS, INJURIES, BOREDOM—AND SPECIFICALLY DESIGNED THE 60-SECOND SWEAT TO ADDRESS THEM. THE 60-SECOND SWEAT IS: EFFICIENT: MOST MAINSTREAM FITNESS PROGRAMS CALL FOR A 5 TO 6-DAY PER WEEK COMMITMENT, WITH WORKOUTS RANGING UP TO AN HOUR (OR MORE) IN DURATION. WHAT’S MORE, MOST PROGRAMS FOCUS ON ONE COMPONENT OF FITNESS IN EACH WORKOUT. FOR EXAMPLE, YOU MIGHT DO CARDIOVASCULAR EXERCISES FOR 45 MINUTES ON MONDAY, WEDNESDAY AND FRIDAY, AND THEN STRENGTH TRAIN FOR AN HOUR ON TUESDAY, THURSDAY AND SATURDAY. WHO HAS TIME FOR THAT? NOT ME...AND PROBABLY NOT YOU EITHER. WITH THE 60-SECOND SWEAT, YOU’LL WORK OUT BETWEEN 20 TO 40 MINUTES A DAY FOR 3 TO 4 DAYS A WEEK, AND YOU WILL NEVER BE PERFORMING THE SAME EXERCISE OR ACTIVITY FOR MORE THAN 1 MINUTE AT A TIME. EFFECTIVE: HIIT (HIGH-INTENSITY INTERVAL TRAINING), IN WHICH YOU ALTERNATE BETWEEN BOUTS OF INTENSE EXERCISE AND SHORT “REST” PERIODS, HAS BEEN A GROWING FITNESS TREND FOR SEVERAL YEARS NOW, AND FOR GOOD REASON. RESEARCH HAS SHOWN THAT IT’S MORE EFFECTIVE THAN TRADITIONAL STEADY-STATE WORKOUTS FOR BOTH BUILDING CARDIOVASCULAR FITNESS AND SHEDDING FAT. HOWEVER, IT NEGLECTS MUSCULAR FITNESS, WHICH IS KEY FOR BOOSTING METABOLISM. SO THE 60-SECOND SWEAT COMBINES HIIT WITH MRT (METABOLIC RESISTANCE TRAINING) TO BUILD STRENGTH ALONG WITH CARDIOVASCULAR FITNESS IN ONE COMPREHENSIVE WORKOUT. SAFE: KEEPING IN MIND THE TYPICAL ORTHOPEDIC ISSUES MOST “REAL WORLD” ADULT FACE—CRANKY KNEES, ACHING BACKS, STIFF SHOULDERS, AND SORE NECKS—THE 60-SECOND SWEAT GIVES EQUAL WEIGHT TO EVERY MUSCLE GROUP, AND NOT JUST THE SHOWY MIRROR MUSCLES EMPHASIZED BY MANY FITNESS PROGRAMS. EXERCISES PROGRESS GRADUALLY IN DIFFICULTY AND INTENSITY SO THAT YOU START SEEING RESULTS RIGHT AWAY, BUILDING FROM A BEGINNER LEVEL TO ADVANCED IN JUST 9 WEEKS. VARIED: THE 60-SECOND SWEAT IS A BALANCED AND FUNCTIONAL MOVEMENT-BASED PLAN, REQUIRING BASIC AND FUNDAMENTAL HUMAN MOVEMENT PATTERNS PERFORMED WITH BARE BONES EQUIPMENT. DURING THE 60-SECOND SWEAT WORKOUTS, YOU WILL NEVER BE PERFORMING THE SAME EXERCISE OR ACTIVITY FOR MORE THAN 1 MINUTE, SO YOU WILL NEVER GET BORED. EVERY EXERCISE, SET, REP...EVERY MINUTE...WILL COUNT FOR AND TOWARDS SOMETHING: DEVELOPING THE BEST AND FITTEST YOU! BOTTOM LINE: THE DAYS OF INEFFICIENT, ARCHAIC, TIME-CONSUMING, UNSAFE, AND IMPRACTICAL FITNESS WORKOUTS ARE OVER. BASED ON THE MOST UP-TO-DATE PRINCIPLES IN MODERN EXERCISE SCIENCE, THE 60-SECOND SWEAT IS A PROGRAM, NOT JUST A WORKOUT. IT IS NOT A SHORT-TERM FIX, BUT, RATHER, A ROADMAP TO THE FITTEST, MOST CONFIDENT YOU. WHILE THE 60-SECOND SWEAT WORKOUTS WILL CERTAINLY CHALLENGE YOU AND LEAVE YOU DRIPPING IN SWEAT, THAT’S NOT THE END GOAL. THE PURPOSE OF THE PROGRAMS IN THIS BOOK IS FOR YOU TO ATTAIN PHENOMENAL AND SUSTAINABLE FITNESS...SAFELY AND REALISTICALLY...1 MINUTE AT A TIME.

📖 COWS SWEAT THROUGH THEIR NOSES BARBARA SEULING, 2007-07 A COLLECTION OF STRANGE FACTS ABOUT ANIMALS.

📖 HOLY SWEAT TIM HANSEL, 1989-09 AUTHOR TIM HANSEL GIVES THE KEYS (AND THE SPIRITUAL RATIONALE) FOR PERSONAL PEAK PERFORMANCE, KEYS WHICH ARE DESIGNED TO HELP UNLOCK THE KINGDOM OF GOD WITHIN YOU.

📖 MAKING HIM SWEAT MEG MAGUIRE, 2013-03-01 SHE’S HITTING BELOW THE BELT... ROUND 1 IN THIS CORNER IS ADMITTEDLY ROMANTIC JENNA WILINSKI, WHO’S INHERITED A RATHER SEEDY BOXING GYM FROM HER ESTRANGED FATHER. WITH IT, SHE CAN REALIZE HER DREAM OF LAUNCHING AN UPSCALE MATCHMAKING BUSINESS...PROVIDED SHE CAN TAKE ON THE VERY INTIMIDATING—AND WICKEDLY HOT—BOXER WHO STANDS IN HER WAY! ROUND 2 IN THE FAR CORNER IS FORMER PRO BOXER MERCER ROWLEY. HE’S THE ONLY ONE WHO CAN PROTECT HIS HOME—EVEN IF IT IS A LITTLE RUN-DOWN—FROM HIS DETERMINED AND FEISTY LITTLE OPPONENT. BUT MAN, ONCE THE GLOVES COME OFF, HIS HANDS JUST WANT TO TOUCH HER EVERYWHERE... ROUND 3 THIS MATCHUP IS TOO CLOSE TO CALL. BUT NO MATTER WHICH CONTENDER COMES OUT ON TOP, THE OTHER IS SURE TO ENJOY EVERY MINUTE OF IT....

📖 SWEAT, TEARS, AND JAZZ HANDS MIKE WEAVER, COLLEEN HART, 2011 SWEAT, TEARS, AND JAZZ HANDS: THE OFFICIAL HISTORY OF SHOW CHOIR FROM VAUDEVILLE TO GLEE FEATURES MORE THAN 100 COMPETITIVE SHOW CHOIRS FROM AROUND THE U.S. IN PHOTOS, QUOTATIONS, AND STORIES. THE BOOK DETAILS THE POP CULTURE AND THEATER INFLUENCERS THAT, OVER TIME, BUILT THIS UNIQUE ENTERTAINMENT GENRE INTO THE MECCA OF MUSIC LOVERS THAT IT IS TODAY. READ REAL-LIFE ACCOUNTS OF SHOW CHOIR PERFORMERS, DIRECTORS, AND CHOREOGRAPHERS. CATCH A GLIMPSE INTO A ONCE PRACTICALLY UNKNOWN SOCIETY OF SWING CHOIRS. DISCOVER WHAT P. T. BARNUM, FOSSE, SPEAKEASIES, CIGARETTE COMPANIES, THE MODERN-DAY BLENDER, AND LADY GAGA HAVE TO DO WITH THIS GLITTER-DRENCHED COMMUNITY OF SINGERS AND DANCERS. TAKE A STEP BEYOND THE HIT SHOW GLEE AND LEARN ABOUT THE REAL DRAMA, THE HARD WORK, THE SWEAT, AND THE TEARS. FIND OUT WHAT IT TAKES TO BUILD AN AWARD-WINNING COMPETITION SET; THE BRANDING, THE BUDGETS, THE STRATEGY AND THE PERFORMANCE. MEET THE CHARACTERS. LEARN THE LINGO. FALL IN LOVE WITH SHOW CHOIRS.

📖 SWEAT EQUITY JASON KELLY, 2016-04-25 GO INSIDE THE TREND THAT SPAWNED A MULTI-BILLION DOLLAR INDUSTRY FOR THE TOP FIVE PERCENT SWEAT EQUITY GOES INSIDE THE MULTIBILLION DOLLAR TREND TOWARD ENDURANCE SPORTS AND FITNESS TO DISCOVER WHO’S DRIVING IT, WHO’S PAYING FOR IT, AND WHO’S PROFITING. BLOOMBERG’S JASON KELLY, AUTHOR OF THE NEW TYCOONS, PROFILES THE PARTICIPANTS, ENTREPRENEURS, AND INVESTORS AT THE CENTER OF THIS MOVEMENT, EXPLORING THIS PHENOMENON IN WHICH A SURGE OF

PEOPLE—LED BY THE MOST AFFLUENT—ARE BECOMING INCREASINGLY OBSESSED WITH LOOKING AND FEELING BETTER. THROUGH IN-DEPTH LOOKS INSIDE COMPANIES AND EVENTS FROM NEW YORK ROAD RUNNERS TO TOUGH MUDDER AND IRONMAN, KELLY PROFILES THE COMPANIES AND PEOPLE AIMING TO MEET THE DEMANDS OF THESE CONSUMERS, AND THE TRAITS AND STRATEGIES THAT MADE THEM SO SUCCESSFUL. IN A MODERN WORLD FILLED WITH ANXIETY, PRESSURE, AND COMPETITION, PEOPLE ARE SPENDING MORE TIME AND MONEY THAN EVER BEFORE TO SOOTHE THEIR MINDS AND TONE THEIR BODIES, SOMETIMES PUSHING THEMSELVES TO THE MOST EXTREME LIMITS. EVEN AS OBESITY RATES HIT AN ALL-TIME HIGH, THE MOST FINANCIALLY SUCCESSFUL AMONG US ARE COLLECTIVELY SPENDING BILLIONS EACH YEAR ON APPAREL, GEAR, AND ENTRY FEES. SWEAT EQUITY CHARTS THE RISE OF THE MOVEMENT, THROUGH THE EYES OF COMPETITORS AND THE COMPANIES THAT SERVE THEM. THROUGH CONVERSATIONS WITH BUSINESSPEOPLE, MANY DRIVEN BY THEIR OWN FITNESS OBSESSIONS, AND FIRST-HAND ACCOUNTS OF THE SPORTS THEMSELVES, KELLY DELVES INTO HOW THE MOVEMENT IS TAKING SHAPE. UNDERSTAND THE SOCIAL SCIENCE, PHYSICS, AND ECONOMICS OF OUR DESIRE TO PURSUE ACTIVITIES LIKE ENDURANCE SPORTS AND YOGA GET TO KNOW THE ENDURANCE BUSINESS'S TARGET DEMOGRAPHICS LEARN HOW DISTANCE RUNNING—ONCE A FRINGE HOBBY—BECAME A MULTIBILLION DOLLAR ENTERPRISE FUELED BY PRIVATE EQUITY UNDERSTAND HOW DIFFERENT GENERATIONS PURSUE FITNESS AND HOW FAST-GROWING COMPANIES SELL TO THEM THE OPPORTUNITY TO RUN, SWIM, AND CRAWL IN THE MUD IS RESONATING WITH MORE AND MORE OF US, AS SPORTS ONCE CONSIDERED EXTREME BECOME MAINSTREAM. AS BABY BOOMERS SEEK TO STAY FIT AND MILLENNIALS SEARCH FOR MEANING IN A HYPERCONNECTED WORLD, THE DEMAND FOR THE RACE BIB IS OUTSTRIPPING SUPPLY, EVEN AS THE COST TO PARTICIPATE ESCALATES. SWEAT EQUITY, THROUGH THE STORIES OF MEN AND WOMEN INSIDE THE MOST INFLUENTIAL RACES AND COMPANIES, GOES TO THE HEART OF THE MOVEMENT WHERE MIND, BODY, AND BIG MONEY COLLIDE.

📖 SWEAT DEBORAH BLADON, 2017-08-26 SWEAT, A SEXY NEW STANDALONE FROM NEW YORK TIMES AND USA TODAY BESTSELLING AUTHOR, DEBORAH BLADON. EXERCISE IS SUPPOSED TO STRENGTHEN THE BODY AND CLEAR THE MIND, RIGHT? WRONG. WHEN I'M LOOKING ACROSS THE GYM AT A HALF-NAKED SMITH BOOTH, IT'S HARD TO FOCUS ON ANYTHING BUT HIS GORGEOUS FACE, PIERCING BROWN EYES AND THE WAY THE SWEAT TRAVELS DOWN HIS ABS TO HIS....I CAN'T. IF I DIDN'T ALREADY KNOW SMITH, I'D THINK HE'S THE HOTTEST MAN ON THE PLANET, BUT WE HAVE A PAST. IT'S NOT CHECKERED. WE DIDN'T HAVE A SORDID AFFAIR THAT RUINED ANYONE'S LIFE. HE STOLE THE ONLY THING THAT EVER MATTERED TO ME. FORGIVING HIM IS NOT AN OPTION. APPARENTLY, AVOIDING HIM AT MY FAVORITE GYM ISN'T EITHER. I CAN HOLD A GRUDGE FOREVER, CAN'T I? I JUST WISH MY PULSE DIDN'T RACE EVERY SINGLE TIME HE LOOKS MY WAY. \*AUTHOR'S NOTE: ALTHOUGH A FEW CHARACTERS FROM MY PAST BOOKS MAKE APPEARANCES IN SWEAT, IT'S NOT NECESSARY TO READ ANY OF MY OTHER BOOKS TO ENJOY SWEAT.

📖 SWEAT, SCALE, SELL PAVLO PHITIDIS, 2019-10 AN ASTONISHING 94.6% OF BUSINESSES FAIL TO SELL, CLOSING AT AN ENORMOUS COST TO THE OWNER, THEIR FAMILY, THEIR STAFF AND THE ECONOMY. IT'S A SHOCKING REALISATION TO MANY BUSINESS OWNERS THAT AFTER ALL THE COURAGE IT TOOK TO START, THE CREATIVITY AND CARE IT TOOK TO BUILD, EVERY BUSINESS FACES ONLY TWO POSSIBLE ENDS: A SALE OR CLOSURE. SO YOU'VE GOT TO BUILD TO \$ELL. SWEAT, SCALE, \$ELL SHARES REAL BUSINESS-BUILDING STORIES ABOUT HOW ORDINARY BUSINESS OWNERS CHANGED THEIR FATE USING THE ASSET OF VALUE™ METHOD, A PRACTICAL APPROACH TO BUILDING A WINNING BUSINESS. WITH PAVLO PHITIDIS, THEY SWEATED TO RESHAPE THEIR BUSINESS TO BE RELEVANT TO A CHANGING WORLD; THEY BUILT A SOLID FOUNDATION FOR SCALE; AND THEN THEY PRESSED HARD ON THE ACCELERATOR TO RAMP UP GROWTH IN PREPARATION FOR \$ALE TO CREATE A BUSINESS ANY BUYER WOULD WANT. PHITIDIS DRAWS ON 25 YEARS OF DIRECT EXPERIENCE IN CONCEPTUALISING AND BUILDING BUSINESSES ACROSS FOUR CONTINENTS. HE HAS DEVELOPED AND BROUGHT TO MARKET BUSINESS ASSETS IN EXCESS OF US\$300 MILLION THROUGH A COMBINATION OF BUSINESS START-UPS, TURNAROUNDS, SALES AND ACQUISITIONS. PHITIDIS STARTED, BUILT AND SOLD 12 BUSINESSES IN NINE YEARS AND TOOK THE LESSONS FROM THE TWO FAILURES, TWO IPOs AND EIGHT SALES TO BUILD A BUSINESS THAT BUILDS BUSINESSES. AS A CO-FOUNDER OF AURIK HE HAS WORKED WITH OVER 1 500 ESTABLISHED BUSINESSES ACROSS MOST SECTORS IN THE ECONOMY, INCLUDING FAMILY BUSINESSES, PARTNERSHIPS AND LONE BUSINESS OWNERS.--BACK COVER.

📖 WHAT HAPPENS WHEN I SWEAT? LINCOLN JAMES, 2013-08-01 SWEATING SURE IS GROSS, BUT EVERYONE DOES IT. IT'S A GOOD THING TOO, BECAUSE IT'S OUR BODY'S WAY OF COOLING US DOWN. READERS WILL DISCOVER THE REASONS WHY WE SWEAT, AND HOW THE BODY WORKS TO PRODUCE IT. THE TEXT PRESENTS SCIENTIFIC TERMS AND CONCEPTS IN AN ACCESSIBLE, RELATABLE MANNER, AND COLORFUL PHOTOGRAPHS AND DIAGRAMS HELP READERS ACTUALLY ENJOY LEARNING ABOUT THIS IMPORTANT BODY PROCESS.

## ENJOYING THE BEAT OF PHRASE: AN PSYCHOLOGICAL SYMPHONY WITHIN **SWEAT**

IN A GLOBAL CONSUMED BY SCREENS AND THE CEASELESS CHATTER OF INSTANTANEOUS INTERACTION, THE MELODIC ELEGANCE AND PSYCHOLOGICAL SYMPHONY CREATED BY THE PUBLISHED TERM USUALLY FADE INTO THE BACK GROUND, ECLIPSED BY THE RELENTLESS NOISE AND INTERRUPTIONS THAT PERMEATE OUR LIVES. HOWEVER, SET WITHIN THE PAGES OF **SWEAT** A WONDERFUL LITERARY VALUE OVERFLOWING WITH ORGANIC EMOTIONS, LIES AN IMMERSIVE SYMPHONY WAITING TO BE EMBRACED. CRAFTED BY A WONDERFUL MUSICIAN OF LANGUAGE, THIS CAPTIVATING MASTERPIECE CONDUCTS VISITORS ON A MENTAL TRIP, WELL UNRAVELING THE CONCEALED MELODIES AND PROFOUND INFLUENCE RESONATING WITHIN EACH CAUTIOUSLY CRAFTED

PHRASE. WITHIN THE DEPTHS OF THIS EMOTIONAL EXAMINATION, WE SHALL EXAMINE THE BOOK IS KEY HARMONIES, ANALYZE ITS ENTHRALLING PUBLISHING STYLE, AND SUBMIT OURSELVES TO THE PROFOUND RESONANCE THAT ECHOES IN THE DEPTHS OF READERS SOULS.

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