

CHRIS STREETER

CHARLOTTA MARTINUS

- 📖 ***The Yoga Effect*** Liz Owen,Holly Lebowitz Rossi,Chris Streeter,2020-01-16 Based on the cutting-edge findings of studies at Boston University School of Medicine, the Yoga Effect shares poses and breathing techniques that are medically proven to help the body and mind release fear, worry, and sadness.
- 📖 ***Lean Supplier Development*** Chris Harris,Rick Harris,Chuck Streeter,2016-04-19 In the global marketplace, no business is a self-contained island. No matter how effective your internal material movement, to be a future-thinking business, you must go to the next step and develop long-term supplier partnerships built on a dedication to continuous improvement and the basic concepts of lean implementation. Lean Supplier Development: Establishing Partnerships and True Costs Throughout the Supply Chain provides step-by-step instruction on how to build partnerships of mutual improvement and success through supplier development. Offering the same advice that they have successfully applied to corporations across the globe, award-winning consultants Chris Harris, Rick Harris, and Chuck Streeter — Provide criteria on how to choose suppliers that will make good long-term partnerships Demonstrate proven methods for employing Plan for Every Part (PFE) to link your facility to the supply base Present a true cost model that eliminates guesswork when choosing suppliers to develop Show how to develop and maintain efficient information flow all along your supply chain Use real-world examples to cover likely contingencies Provide a sample quarterly supplier review that you can adapt for your own use Lean is a journey, not a destination. It requires flexible leaders at the helm who can readily adjust to ever-changing conditions and it requires like-minded partners all along the supply chain. Finding and developing these partners is not about good fortune, it is all about an uncompromising approach to continuous improvement and the application of systematic methods that will build working partnerships that broaden your definition of what is possible
- 📖 ***Yoga for Mental Health*** Heather Mason,Kelly Birch,2018-10-01 Yoga is a comprehensive mind-body practice that is particularly effective for self-regulation, mood management, fostering resilience, and promotion of wellbeing. Inherently, yoga is a system for improving mental health and alleviating suffering at the deepest levels. Consequently, yoga’s potential as a key component of integrative and complementary mental health is now being recognized internationally. This book serves as a reference, but also as a bridge between yoga therapy and healthcare, helping to add to the process of growing integration. It provides a professional resource for mental health professionals interested in the potential for yoga interventions that facilitate the therapeutic process, and who want to learn ways in which yoga can catalyze and deepen this process across a broad spectrum of mental health approaches. Similarly for yoga professionals with a focus on mental health and wellbeing who want to expand their understanding of how yoga relates to mental health approaches and their knowledge of best practices. The format is designed for consistency and ease of reading. Chapter 1 introduces the reader to the yogic viewpoint of mental health and wellbeing, and the psychological and neurological rationale for yoga’s usage in mental health conditions. Each subsequent chapter is organized into a clinical overview of mental health conditions, followed by sections on current research and the rationale for incorporating yoga into the treatment of the condition, recommended yoga practices, and future directions.
- 📖 ***Seven Keys to Coaching Power*** Stella Louise Cowan,2006-06 Do you like many managers avoid coaching your employees? Whether it is because you don’t have time or you feel uncomfortable, this quick-focus book is for you. It will help you overcome the obstacles to coaching and start maximizing one of the most valuable tools of leadership.
- 📖 ***The Making of King Kong*** Jenny Wake,2005 This volume presents a behind-the-scenes look at the making of the motion picture event of 2005--Peter Jackson’s King Kong.
- 📖 ***Yoga on Prescription*** Paul Fox,Heather Mason,2022-06-21 Exploring the benefits of yoga on social prescription, this book details the 10-week Yoga4Health social prescribing programme developed by the Yoga in Healthcare Alliance. This evidence-based prevention programme targets NHS patients at risk of becoming chronically ill and supports them to bring about lifestyle change through a daily yoga practice. The programme is for patients who are socially isolated, at risk of cardio-vascular disease or Type 2 diabetes, and those with stress or mild-moderate anxiety/depression. The authors present the theory and background to the Yoga4Health Yoga on Prescription programme, providing the reader with a detailed posture-by-posture guide to teaching the protocol on a yoga mat, on the floor or in a chair. Inspiring lifestyle changes that will positively affect long- and short-term health, Yoga on Prescription is the perfect companion to anyone wanting to teach the yoga for health and wellbeing.
- 📖 ***The Yoga Effect*** Liz Owen,Holly Lebowitz Rossi,2019-12-17 Based on cutting-edge NIH studies, a practical, accessible guide to yoga for reduction in stress, anxiety, and depression, with the goal of balanced emotional health. The Yoga Effect helps readers overcome the de-energizing effects of depression and move into a state of calm and focus. Based on the program developed through three NIH-funded studies at Boston University School of Medicine, these sequences are medically proven to trigger a physical and mental release of fear and worry. The book offers: A customizable prescription for maintaining centeredness, confidence, and balance Straightforward, accessible sequences, with 40 black & white photos clearly illustrating the poses A short, well-rounded practice that includes breath work and poses with clear explanation of how each sequence contributes to physical, mental, and emotional wellness Differing levels of practice for readers’ varying levels of physical abilities Written with an MD, The Yoga Effect is a proven pathway for cultivating inner strength that can be accessed at any time, offering hope and a solution for anyone looking to transform their mental and emotional health.
- 📖 ***Principles and Practice of Stress Management, Fourth Edition*** Paul M Lehrer, PhD,Robert L. Woolfolk,2021-06-14 The leading clinical reference and text on stress management has now been significantly revised with 60% new material reflecting key developments in the field. Foremost experts review the whats, whys, and how-tos of progressive relaxation, biofeedback, meditation, hypnosis, cognitive methods, and other therapies. Chapters describe each method’s theoretical foundations, evidence base, procedures, applications, and contraindications. Assessment and implementation are illustrated with extensive case examples. The volume examines the effects of stress on both mind and body, from basic science to practical implications for everyday life and health care. New to this edition *Greatly expanded evidence base--every method is now supported by controlled clinical research. *Advances in knowledge about stress and the brain are integrated throughout. *Chapter on children and adolescents. *Chapter on selecting the best methods for individual patients. *Chapter on hyperventilation and carbon dioxide biofeedback. *Chapter on neuroinflammation.
- 📖 ***Yoga Skills for Therapists: Effective Practices for Mood Management*** Amy Weintraub,2012-04-09 A toolkit of “no mat” yoga strategies for you and your clients. Drawing on her study of multiple traditions and lineages—from ancient yoga practices to current neuroscientific research on yoga benefits and contraindications—Weintraub presents a compendium of guided breathing exercises, meditations, self-inquiry practices, relaxation exercises, and simple postural adjustments that can readily accompany and complement psychotherapy—no mat or difficult postures required! Therapists learn exactly how to introduce these simple practices into a session, all within the comfort of their therapy room, no prior yoga training or experience necessary. Weintraub shows therapists how to introduce and apply a full range of yogic approaches: targeted breathing practices called pranayama that meet the present mood and bring it into balance; healing hand gestures called mudras; special sounds and tones called mantras; guided imagery and affirmation; yogic self-inquiry, and much more. Clinical stories and anecdotes explore how these yoga-based interventions, rooted in a firm, evidence-based foundation, can be used as effective treatments for a particular mood or mental state. With over 50 photographs that clearly illustrate the practices and gestures, detailed, step-by-step instructions, and scripts for guided relaxation and meditations, Yoga Skills for Therapists is a practical, hands-on guide that teaches the power of basic yoga techniques to bring great self-awareness, balance, and lasting well-being to you and your clients.
- 📖 ***Mindful Relationships*** B Grace Bullock,2016-10-01 Human existence depends on relationships. Our brains rely on interconnected neural networks to function. Our minds relentlessly encode complex matrices of meaning to make sense of the world. And our physical and psychological development is contingent on the social bonds we share with others. Mindful Relationships: The Seven Skills for Success integrates the science of mind, body and brain to reveal how stress undermines these relationships, and what we can do about it. Chronic stress threatens our wellbeing and relationship success by creating systemic dysregulation of the mind, body and brain. This dysregulation leaves us relying on primal defense strategies like aggression and withdrawal, and inhibits key cognitive-behavioral capacities essential to relationship success such as accurate appraisal, effective coping, and coherent communication. The inspirational and accessible book introduces the Breathe Model - an evidence-rich approach that synthesizes the science of mind, body and brain to alleviate stress, increase self-awareness, self-regulation, and emotional intelligence, and cultivate resilient social bonds. These seven skills are essential tools for creating and maintaining a healthy, harmonious, and successful relationship with yourself and others. Filled with sound science, engaging stories and experiential exercises, this book is bound to change the way that you relate to your life and those in it.
- 📖 ***The Yoga Effect*** Liz Owen,2019 Based on cutting-edge NIH studies, a practical, accessible guide to yoga for reduction in stress, anxiety, and depression, with the goal of balanced emotional health. The Yoga Effect helps readers overcome the de-energizing effects of depression and move into a state of calm and focus. Based on the program developed through three NIH-funded studies at Boston University School of Medicine, these sequences are medically proven to trigger a physical and mental release of fear and worry. The book offers: -A customizable prescription for maintaining centeredness, confidence, and balance -Straightforward, accessible sequences, with 40 black & white photos clearly illustrating the poses -A short, well-rounded practice that includes breath work and poses with clear explanation of how each sequence contributes to physical, mental, and emotional wellness -Differing levels of practice for readers’ varying levels of physical abilities Written with an MD, The Yoga Effect is a proven pathway for cultivating inner strength that can be accessed at any time, offering hope and a solution for anyone looking to transform their mental and emotional health.
- 📖 ***Trauma-Sensitive Yoga*** Dagmar H📖 rle,2017-06-21 Traumatic events are more than a narrative or singular event in a person’s life; the body remembers traumatic events and can experience them over and over, even after many years have passed. This book shows how trauma-sensitive yoga can be used in individual therapy and in groups to overcome trauma, by calming the nervous system and helping people to come out of dissociative states. The book also shows teachers how to detect when certain postures trigger anxiety, and offers ways to support healing in general yoga classes. Drawing on her experience as both trauma therapist and yoga teacher, the author focuses on the body-mind connection and presents asanas and breathing exercises that can help traumatised patients re-engage and take control

OF THEIR BODIES.

📖 **COMPLEMENTARY AND INTEGRATIVE THERAPIES FOR MENTAL HEALTH AND AGING** HELEN LAVRETSKY,MARTHA SAJATOVIC,CHARLES F. REYNOLDS (III),2016 A COMPREHENSIVE SUMMARY OF THE STATE-OF-THE-ART OF THE FIELD IN CLINICAL PRACTICE AND RESEARCH IN THE SECOND DECADE OF THE 21TH CENTURY FEATURES FUTURE DIRECTIONS FOR RESEARCH AND CLINICAL PRACTICE IN INTEGRATIVE MEDICINE AND AGING.

📖 **365 WAYS TO FEEL BETTER** EVE MENEZES CUNNINGHAM,2017-05-30 “PULL[s] TOGETHER 366 DAILY STEPS TO HELP YOU LIVE A HAPPIER, HEALTHIER, FREER, AND MORE FULFILLED LIFE. LET [EVE] BE YOUR INSPIRING GUIDE FOR YOUR YEAR” (NICK WILLIAMS, BESTSELLING AUTHOR OF THE WORK WE WERE BORN TO DO). 365 WAYS TO FEEL BETTER OFFERS SIMPLE BUT EFFECTIVE TOOLS FOR EACH DAY OF THE YEAR. EVE MENEZES CUNNINGHAM INTEGRATES HER BACKGROUND IN COACHING, COUNSELING, YOGA, AND OTHER THERAPIES TO SHARE PRACTICAL TOOLS FOR MIND, BODY, HEART, AND SOUL. WITH AN OVERALL AIM OF SUPPORTING PEOPLE IN FEELING BETTER IN ALL AREAS OF THEIR LIVES, EVE ENCOURAGES THE READER TO LEARN TO TRUST IN THEIR OWN CAPACITY TO HEAL AND FEEL BETTER, WITH A PLAYFUL APPROACH TO THEIR SELF-CARE. FROM GOAL SETTING TO INNER CHILD WORK, CHAKRAS TO BENEFICIAL YOGA POSES, BREATH PRACTICES TO PSYCHOLOGICAL TOOLS, MEDITATION TECHNIQUES TO AURA CLEANSING, THIS BOOK OFFERS A TASTE OF A COMPREHENSIVE RANGE OF MIND-BODY TOOLS TO HELP YOU BOOST YOUR HEALTH AND WELLBEING. 365 WAYS TO FEEL BETTER IS FOR ANYONE WHO WANTS TO BOOST THEIR WELLBEING IN A HOLISTIC, SIDE-EFFECT-FREE WAY. SELF-HELP FANS WILL ENJOY IT, BUT ALSO COMPLEMENTARY THERAPISTS, ENERGY WORKERS, YOGA INSTRUCTORS AND YOGIS, COUNSELORS, COACHES, AND MORE. “THIS BOOK WILL TRANSFORM YOUR LIFE. RADICAL SELF-CARE IN EASY BABY STEPS, WHAT’S NOT TO LOVE?” —SUZY GREAVES, AUTHOR OF THE BIG PEACE: FIND YOURSELF WITHOUT GOING ANYWHERE “A FABULOUS BOOK. SO VERY WELL THOUGHT OUT, PLANNED AND EXECUTED AND WITH A WONDERFUL ACCESSIBLE YET RESPECTFUL STYLE.” —DEBRA JINKS, COAUTHOR OF PERSONAL CONSULTANCY: A MODEL FOR INTEGRATING COUNSELLING AND COACHING

📖 **YOGA THERAPY FOR INSOMNIA AND SLEEP RECOVERY** LISA SANFILIPPO,2019-01-21 YOGA THERAPY OFFERS A TRULY HOLISTIC APPROACH TO SOLVING THE GROWING PROBLEM OF INSOMNIA. IN THIS BOOK EXPERT YOGA THERAPIST LISA SANFILIPPO EXPLAINS HOW YOGA PRACTICES CAN BE USED TO TARGET THE UNDERLYING ISSUES THAT INHIBIT GOOD QUALITY SLEEP, WITH IMMEDIATE RESULTS THAT BUILD OVER TIME. LEARN HOW TO WORK WITH CLIENTS TO RELEASE TENSION IN THE BODY THAT BUILDS UP DURING THE DAY MAKING IT DIFFICULT TO SLEEP AT NIGHT. HONOURING A NATURAL YOGIC AND AYURVEDIC APPROACH, AND INFUSING IT WITH MODERN NEUROSCIENCE, LISA ALSO ADDRESSES THE DEEPER EMOTIONAL REASONS FOR NOT SLEEPING WELL AND LOOKS AT HOW LIFESTYLE CHANGES CAN HELP TO ACHIEVE BETTER QUALITY REST. WITH THE BODY-MIND CONNECTION AT ITS CORE, THIS BOOK SHOWS HOW TO SUPPORT BETTER HEALTH HOLISTICALLY TO RESTORE BALANCE IN EACH LAYER OF THE BODY.

📖 **DARE NOT LINGER** NELSON MANDELA,MANDLA LANGA,2017-10-24 THE LONG-AWAITED SECOND VOLUME OF NELSON MANDELA’S MEMOIRS, LEFT UNFINISHED AT HIS DEATH AND NEVER BEFORE AVAILABLE, ARE HERE COMPLETED AND EXPANDED WITH NOTES AND SPEECHES WRITTEN BY MANDELA DURING HIS HISTORIC PRESIDENCY, MAKING FOR A MOVING SEQUEL TO HIS WORLDWIDE BESTSELLER LONG WALK TO FREEDOM. “I HAVE DISCOVERED THE SECRET THAT AFTER CLIMBING A GREAT HILL, ONE ONLY FINDS THAT THERE ARE MANY MORE HILLS TO CLIMB. I HAVE TAKEN A MOMENT HERE TO REST, TO STEAL A VIEW OF THE GLORIOUS VISTA THAT SURROUNDS ME, TO LOOK BACK ON THE DISTANCE I HAVE COME. BUT I CAN REST ONLY FOR A MOMENT, FOR WITH FREEDOM COMES RESPONSIBILITIES, AND I DARE NOT LINGER, FOR MY LONG WALK IS NOT ENDED.” In 1994, NELSON MANDELA BECAME THE FIRST PRESIDENT OF A DEMOCRATIC SOUTH AFRICA. FROM THE OUTSET, HE WAS COMMITTED TO SERVING ONLY A SINGLE FIVE-YEAR TERM. DURING HIS PRESIDENCY, HE AND HIS GOVERNMENT ENSURED THAT ALL OF SOUTH AFRICA’S CITIZENS BECAME EQUAL BEFORE THE LAW, AND HE LAID THE FOUNDATION FOR TURNING A COUNTRY RIVEN BY CENTURIES OF COLONIALISM AND APARTHEID INTO A FULLY FUNCTIONING DEMOCRACY. DARE NOT LINGER IS THE STORY OF MANDELA’S PRESIDENTIAL YEARS, DRAWING HEAVILY ON THE MEMOIR HE BEGAN TO WRITE AS HE PREPARED TO LEAVE OFFICE, BUT WAS UNABLE TO FINISH. NOW THE ACCLAIMED SOUTH AFRICAN WRITER MANDLA LANGA HAS COMPLETED THE TASK, USING MANDELA’S UNFINISHED DRAFT, DETAILED NOTES THAT MANDELA MADE AS EVENTS WERE UNFOLDING, AND A WEALTH OF UNSEEN ARCHIVAL MATERIAL. WITH A PROLOGUE BY MANDELA’S WIDOW, GRA² A MACHEL, THE RESULT IS A VIVID AND OFTEN INSPIRATIONAL ACCOUNT OF MANDELA’S PRESIDENCY AND THE CREATION OF A NEW DEMOCRACY. IT TELLS THE STORY OF A COUNTRY IN TRANSITION AND THE CHALLENGES MANDELA FACED AS HE STROVE TO MAKE HIS VISION FOR A LIBERATED SOUTH AFRICA A REALITY.

📖 **THE HEALING POWER OF THE BREATH**RICHARD BROWN,PATRICIA L. GERBARG, MD,2012-06-12 A DRUG-FREE, SIDE EFFECT-FREE SOLUTION TO COMMON STRESS AND MOOD PROBLEMS—DEVELOPED BY TWO PHYSICIANS THE AUDIO EXERCISES INCLUDED WITH THIS BOOK CAN BE ACCESSED ONLINE AT WWW.SHAMBHALA.COM/HEALINGPOWEROFTEBREATH. ACCESS INSTRUCTIONS ARE ALSO PROVIDED WITHIN THE BOOK. MILLIONS OF AMERICANS SUFFER FROM MOOD PROBLEMS AND STRESS-RELATED ISSUES LIKE ANXIETY, DEPRESSION, INSOMNIA, AND PTSD. FAR TOO MANY OF THEM ARE TAKING MEDICATIONS THAT HAVE TROUBLESOME SIDE EFFECTS, WITHDRAWAL SYMPTOMS, AND DISAPPOINTING SUCCESS RATES. IN THE HEALING POWER OF THE BREATH, DR. RICHARD P. BROWN AND DR. PATRICIA L. GERBARG PROVIDE A DIFFERENT WAY TO TREAT STRESS: BREATHING. DRAWN FROM YOGA, BUDDHIST MEDITATION, THE CHINESE PRACTICE OF QIGONG, AND OTHER SOURCES, THEIR SCIENCE-BACKED METHODS ACTIVATE COMMUNICATION PATHWAYS BETWEEN THE MIND AND BODY TO POSITIVELY IMPACT THE BRAIN AND CALM THE STRESS RESPONSE. THEIR ANECDOTES AND EASY-TO-FOLLOW EXERCISES WILL SHOW YOU HOW TO APPLY BREATHING TECHNIQUES TO HELP RELIEVE: • ANXIETY AND DEPRESSION • TRAUMA-RELATED EMOTIONS AND BEHAVIORS • POST-TRAUMATIC STRESS DISORDER • INSOMNIA • ADDICTION-RELATED BEHAVIORS COMPLETE WITH AN AUDIO DOWNLOAD, THIS BOOK GIVES YOU THE COPING TOOLS YOU NEED TO LEAD A CALMER, MORE STRESS-FREE LIFE.

📖 **TEEN YOGA FOR YOGA THERAPISTS** CHARLOTTA MARTINUS,2018-08-21 HELP TEENS ACCESS THE THERAPEUTIC POWER OF YOGA AND MINDFULNESS IN THEIR DAILY LIVES WITH THIS GUIDE. EXPLAINING THE SCIENCE OF YOGA AND HOW THIS TIES IN WITH ADOLESCENT PHYSICAL AND NEUROLOGICAL DEVELOPMENT, THE BOOK ALSO GIVES CONCRETE WAYS TO USE YOGIC TECHNIQUES TO OVERCOME ISSUES SUCH AS ANXIETY, BULLYING, RELATIONSHIP ISSUES, DEPRESSION AND SLEEP DEPRIVATION. THE APPLIED YOGA IN THIS BOOK INCLUDES NOT ONLY ASANA, PRANAYAMA, MEDITATION AND YOGA NIDRA EXERCISES, BUT ALSO THROWS THE NET WIDER TO INCLUDE VISUALISATIONS, PHILOSOPHY AND MODES OF THINKING. INCLUDING THE LATEST RESEARCH AND EVIDENCE ON YOGA THERAPY, IT SHOWS HOW YOGA’S POSITIVE INFLUENCE EXTENDS BEYOND SPECIFIC ISSUES. THE METHODS IN THIS BOOK WILL INSTIL A LONG-LASTING SENSE OF OPTIMISM AND SELF-REGULATION AMONG YOUNG PEOPLE BOTH ON AND OFF THE MAT.

📖 **NORTHERN HARVEST** EMITA BRADY HILL,2020-05-05 NORTHERN HARVEST: TWENTY MICHIGAN WOMEN IN FOOD AND FARMING LOOKS AT THE FEMALE CULINARY PIONEERS WHO HAVE PUT NORTHERN MICHIGAN ON THE MAP FOR FOOD, DRINK, AND FARMING. EMITA BRADY HILL INTERVIEWS WOMEN WHO SHARE THEIR OWN STORIES OF BECOMING THE COOKS, BAKERS, CHEFS, AND FARMERS THAT THEY ARE TODAY—EACH EVEN SHARING A DELICIOUS RECIPE OR TWO. THESE STORIES ARE AS IMPORTANT TO TRACING THE GASTRONOMIC LANDSCAPE IN AMERICA AS THEY ARE TO HONORING THE HISTORY, AGRICULTURE, AND COMMUNITY OF MICHIGAN. DIVIDED INTO SIX SECTIONS, NORTHERN HARVEST CELEBRATES VERY DIFFERENT WOMEN WHO CONVERGED IN AN IMPORTANT REGION OF MICHIGAN AND HELPED TRANSFORM IT INTO THE FLOURISHING CULINARY EDEN IT IS TODAY. HILL SPEAKS WITH ORCHARDISTS AND FARMERS ABOUT PLANTING THEIR OWN FRUIT TREES AND MAKING THE DECISION TO TRANSITION THEIR FARMS OVER TO ORGANIC. SHE HEARS FROM GROWERS WHO HAVE BEEN CHALLENGED BY THE NORTHERN CLIMATE AND HAVE MADE EXCLUSIVE USE OF FAIR TRADE PRODUCTS IN THEIR BUSINESS. READERS ARE INTRODUCED TO THE FIRST-EVER CHEESEMAKER IN THE LEELANAU AREA AND A PASTRY CHEF WHO IS DOING IT ALL FROM SCRATCH. READERS ALSO GET A SNEAK PEEK INTO THE ORIGINS OF TRAVERSE CITY INSTITUTIONS SUCH AS FOLGARELLI’S MARKET AND WINE SHOP AND TRATTORIA STELLA. HILL CATCHES UP WITH LOCAL COOKBOOK AUTHORS AND NATIONALLY KNOWN FOOD WRITERS. SHE INTERVIEWS THE FOUNDER OF TWO HISTORIC HOMESTEADS THAT INTRODUCE VISITORS TO A WAY OF LIVING MANY OF US ONLY KNOW FROM HISTORY BOOKS. THESE ORAL HISTORIES ALLOW EACH WOMAN TO TELL HER STORY AS SHE CHOOSES, IN HER OWN WORDS, WITH HER OWN EMPHASIS, AND HER OWN DISCRETION OR INDISCRETIONS. NORTHERN HARVEST IS A CELEBRATION OF NORTHERN MICHIGAN’S RICH CULINARY TRADITION AND THE WOMEN WHO MADE IT SO. HUNGRY READERS WILL SWALLOW THIS BOOK WHOLE.

📖 **SCREEN WORLD** TOM LYNCH,2002-11-01 EVERY SIGNIFICANT U.S. AND INTERNATIONAL FILM RELEASED FROM JANUARY 1 TO DECEMBER 31, 2002, ALONG WITH COMPLETE FILMOGRAPHIES: CAST, CHARACTERS, CREDITS, PRODUCTION COMPANY, MONTH RELEASED, RATING AND RUNNING TIME. ALSO INCLUDED ARE BIOGRAPHICAL ENTIRES: AN UNMATCHED REFERENCE OF OVER 2,250 LIVING STARS, INCLUDING REAL NAME, SCHOOL, PLACE AND DATE OF BIRTH.

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CHRIS STREETER INTRODUCTION

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