

ShapeUp

Charles Matthews

Shape Up! Charles Matthews, 2015-01-22 Objectives of this book To explain which points are vital in given shapes. To show how good shape is achieved, and bad shape exploited, in fighting contexts. To integrate shape proverbs into your knowledge of go. To look behind the proverbs to another level of more explicit mechanism, to provide supporting material, and to explain exceptions. To break down the barrier between tesuji and joseki points of view, connecting pure intuitions with learned knowledge. To demystify many common tesuji. To help the reader to visualise how and where a tesuji might happen in the future, a requirement for a dan player. To discuss the choice of variation at a point in a joseki, when tactical reasons alone aren't a sufficient guide. To address as we go along questions about suji, or correct style, covering some of the content of the many texts on 'kata and suji' in the Japanese literature. To contribute to the local, critical theory of go, by attempting a systematic listing of possibilities in a pattern, with criteria for choosing amongst them. To develop an ingrained respect in the reader for the principles of good shape (for example: connect but remain light and flexible, don't fill in your own liberties without very good reason, develop rapidly but also take into account eye shape). To provide a reference on shape (there are an index of shapes and a proverb index at the end, to help you refer to particular patterns). To show in action the comparative method of go study.

Shape Up, Construction Trucks! Victoria Allenby, 2021-09-21 An engaging, multilayered book that helps little ones identify shapes on their favorite construction-site vehicles

The Great Shape-up, 2007

Tone-A-Metrics Brian Heir, Mark Fuerst, 1994 Demonstrates a series of exercises that can be done lying down, and includes warmups and cool-down techniques

Shape Up Sisters! Linda Fondren, 2014-05-06 Straight talk and a simple, no-fail diet and exercise plan for those who think they don't have the money or time to lose weight Linda Fondren, one of 11 children born to a single mother in the poorest and fattest state in America, watched the consequences of obesity ruin her sister's life—and was moved to open a gym in her hometown of Vicksburg, Mississippi with the motto positively reshaping women. Then, witnessing how many middle- and low-income Vicksburg residents were brought up short in their fitness and health efforts by limited budgets and time, Fondren responded by striking at the root problem. In 2009, she spearheaded Shape Up Vicksburg, a City Hall-supported program in which she convinced the local hospital to offer free health screenings, restaurants to create low-cal menu options, and Wal-Mart to host weigh-in stations. Fondren signed up 10 percent of Vicksburg's 25,000 residents, most of who were taking charge of their health and nutrition for the first time. They lost over 15,000 lbs. in just 17 weeks. *Shape Up Sisters!* is a get-healthy prescription for regular people with jobs, budgets, and real-life challenges. Here are tactics for sedentary readers to become physically active with advice, recipes, and meal plans for improving eating habits on a budget. Fondren wraps it all in her empowering personal story and the uplifting tales of women who have changed their lives by following her simple strategies. With Fondren's approachable personality and practical advice, *Shape Up Sisters!* is both an easy-to-use guide and a bold statement in the greater national narrative about improving health and weight loss across socioeconomic lines.

Shape Up! David A. Adler, 1998-01-01 A hands-on introduction to polygons that takes the fear out of math and puts the fun back in! Draw three dots on a piece of paper. Or maybe-- draw three dots on a slice of cheese. What happens when you connect the dots? With bright, colorful illustrations and a simple, funny text, *Shape Up!* introduces triangles, quadrangles, and other polygons to young readers, encouraging them to play along, and learn everything there is to know about shapes. Explaining basic geometric concepts and offering definitions for important vocabulary, this introduction to shapes, lines, and angles is so good to miss-- even if the jokes can be a little . . . cheesy. Created by a respected

children's nonfiction author and former math teacher, this is a perfect grounding in basic shapes-- and a lot of fun, too.

Shape Up with Gabby Allen Gabby Allen,2019-05-02 ARE YOU READY TO SHAPE UP FOR SUMMER? Join Gabby through May on her instagram as she works out and cooks from the book. This digital edition includes exclusive video content with Gabby showing you how to do all the basic exercises to make sure you get the most out of every workout. **The video content can only be viewed on devices that support media playback.** You know personal trainer Gabby from Love Island, Big Brother and instagram, you've worked out with her bestselling Shape Up app - now get to know ALL her diet and fitness secrets. And transform your body with Gabby ready for your summer adventures... -Learn what to eat every day -Work out to get visible results fast -Find out how to keep your social life without falling off the fitness wagon!! Cook from Gabby's favourite low-calorie, tasty recipes for breakfast, lunch, dinner and snacks to stay full and energised. Recipes are easy to make, use normal ingredients and can be chucked together so you can always eat well no matter how busy you are. You're going to work hard for 4 weeks but it will be worth it. Afterwards, you'll have the knowledge to stay fit and lean for life. You can do Gabby's quick HIIT workouts at home or on holiday, fitting them around your daily routine. They are tailored to all fitness levels and require no special equipment. Find your body confidence with Gabby.

Shape Up With Pilates Lynne Robinson,2020-01-23 'The Queen of Pilates' The Times 'Lynne is the high priestess of Pilates. I trust her implicitly' Sophie Dahl *Shape Up with Pilates* is an innovative regime of 20 targeted step-by-step workouts, clearly explained and illustrated, and designed to give you a streamlined torso that will retain its natural curves. Organised into 4-week programmes of varying lengths it includes: 7 x 20-minute workouts per week 5 x 30-minute workouts per week 3 x 45-minute workouts per week Plus advice on which exercises to do for particular problem areas, such as the waistline and tummy, bottom, thighs, upper arms or upper back, tips on how to incorporate exercise into your life, the benefits for mental health and wellbeing, and how to improve your diet. In just 3 months Lynne promises you can change your shape and sculpt parts of your body you had long forgotten. You will feel the benefits within the first few weeks and others will soon start to notice the changes as you begin to look taller and slimmer. Within three months you will both look and feel like a new person!

Shape Up As You Sit, Stand and Walk, It's Nature's Miracle Exercise Helen Fleder,2016-11-22 Shape up as you sit, stand, walk is a small self-help fitness guide that includes an amazing way to gain energy, flexibility, strength and even self-confidence by improving your posture, no matter the age of the reader. It describes A MIRACLE DIAMOND, an instant slouch-to-stretchposture reminder that our muscles can remember! It includes a composite of sound advice relating to factors that are within our control and influence our achieving a healthy and long life. It also includes wisdom that can make a positive impact on our lives. The format of the book is easily readable and many illustrations help to make the text more cognitive. Imagery is used throughout the book to enhance better understanding of some of the text. The book focuses on three of the most critical elements that help us to live well and live longer; attitude, lifestyle and the ability to relax tension when we are under stress. The first chapter contains an overview of all elements and levels of fitness such as diet, exercise and stress management. Explains how and why we need to include in an exercise regime, specific techniques that will keep our heart strong, muscles toned and spine flexible. We can do this at home and can fit comfortably into our daily lifestyle. The information is basic, simplified and appropriate for the average readers' needs and skills. It explains why physical and mental activities influence longevity and why, as we age, we need to stretch and tone muscles that will help us to maintain balance, flexibility and agility so that we can remain active and self-reliant, even into our senior years. Spine alignment, or posture, is the theme of the second chapter called The Miracle Exercise. This

chapter is what makes this book so unique. The author explains and illustrates why, without proper posture, we can't be physically fit, as it influences our health and fitness level and every move we make. Since we all have a problem focusing on our posture; remembering to sit and stand tall without slouching; in this chapter the reader will learn how and why one amazing image, called the miracle diamond will do it for us! The image describes and explains the one simple exercise, based on the principles of Yoga and Pilates that can not only eliminate slouching, but strengthen core muscles and align the spine. The Miracle Exercise image page can be cut apart and posted in places should as the car, bathroom mirror or computer as a posture-reminder. Within weeks, as posture improves, the result gained will be increased energy, vitality and flexibility. It will prove to be a gift that keeps on giving. The third chapter, called Shower Power, illustrates how the readers can include as many as eighteen simple but powerful stretching exercises while showering or after a shower with a towel. Each exercise is illustrated and can be even more effective when rhythmic breathing is included. It demonstrates how, when muscles are warm and resilient we can relax, realign and revitalize our body, preparing it for the day's activities. The book includes two meditation exercises that can be done lying down or sitting in a chair. As deep rhythmic breathing is not only used in meditation but makes every stretching exercise more powerful, the author uses imagery to describe how to deep breathe as an exercise. This book was written to help the reader understand that it's what we do consistently, as part of our lifestyle, that is the secret to successfully becoming fit and able to live a full and active life.

Shape Up Your Business Sophie Cornish,Holly Tucker,2014-07-03 Sophie Cornish and Holly Tucker, authors of the no.1 Sunday Timesbestseller *Build a Business from Your Kitchen Table*, are back with *Shape Up Your Business*, a book of insight and tried-and-tested lessons to help you and your business fly. Sophie and Holly are the founders of notonthehighstreet.com, an award-winning, multimillion-pound online marketplace selling a multitude of innovative, stylish products. In this book they draw on years of experience growing their company and bringing success to thousands of small businesses to help you take stock, look at what's working for you and your business, and what could be better. Whether you need to improve your confidence, learn the tricks of negotiation or manage your team more effectively, Sophie and Holly have produced a 30-day plan that will give your business the overhaul it needs to grow. If you haven't got your own business yet, their entrepreneurial approach will help with the day job until you get there. With searing honesty, *Shape Up Your Business* reveals the secrets to keeping that crucial work-life balance while achieving your goals, as Sophie and Holly share their own stories of overcoming all the challenges on their journey.

Rework Jason Fried,David Heinemeier Hansson,2010-03-09 *Rework* shows you a better, faster, easier way to succeed in business. Most business books give you the same old advice: Write a business plan, study the competition, seek investors, yadda yadda. If you're looking for a book like that, put this one back on the shelf. Read it and you'll know why plans are actually harmful, why you don't need outside investors, and why you're better off ignoring the competition. The truth is, you need less than you think. You don't need to be a workaholic. You don't need to staff up. You don't need to waste time on paperwork or meetings. You don't even need an office. Those are all just excuses. What you really need to do is stop talking and start working. This book shows you the way. You'll learn how to be more productive, how to get exposure without breaking the bank, and tons more counterintuitive ideas that will inspire and provoke you. With its straightforward language and easy-is-better approach, *Rework* is the perfect playbook for anyone who's ever dreamed of doing it on their own. Hardcore entrepreneurs, small-business owners, people stuck in day jobs they hate, victims of downsizing, and artists who don't want to starve anymore will all find valuable guidance in these pages.

Shape Up Pup Ed Heck,2017-09 Make learning shapes magical for a child with this wonderfully illustrated book by Ed Heck. With the help of Shape Up Pup, children can start to see how shapes can be combined to create everyday items. Our Augmented and Virtual reality Mobile App that accompanies this book provides great ways to not only bring shapes to life in 3D but also to teach children that the world around them is made out of shapes.

Cartooning: Character Design Sherm Cohen,2006-04 Designing different 'types,' conveying emotion, adding props and costumes, developing a personal style

Shape Up Your Program! Margaret U. Fields, Jean B. Reid, 1999 Contains more than sixty exercises collected from experienced, successful MBTI consultants, compiled and organised to provide trainees with learning experiences ranging from understanding the preference scales to how to plan a workshop.

Making Good Shape Rob van Zeijst, Richard Bozulich, 2017-03-13 Good shape is a subject that has received scant attention in Japanese go literature. Although references to shape are made in most books, there is no one book devoted exclusively to this subject. However, understanding and recognizing good shape is important for becoming a strong player and developing intuition that will instantly guide you to find the strongest moves in the opening and the middle-game fighting. Shapes are the building blocks of your groups. They determine whether your stones are working together efficiently or are sitting in each other's way. Good shape is a source of strength to build on, while bad shape often comes back to haunt you. There are two aspects of shape. One is to make good shape for your own stones; the other is to spoil the shape of your opponent's stones. However, good shape is more than a static form; it is dynamic in the way it builds eye shape and stays ahead of the opponent in running battles while building up more eye shape. This book provides an extensive theoretical introduction to shape, beginning with the efficient placement of stones. It illustrates various techniques for making good shape and gives its readers practical experience by presenting 245 problems so that they can hone their skills to find the shape move in their games.

Remote Jason Fried, David Heinemeier Hansson, 2013-10-29 The classic guide to working from home and why we should embrace a virtual office, from the bestselling authors of *Rework* “A paradigm-smashing, compulsively readable case for a radically remote workplace.”—Susan Cain, New York Times bestselling author of *Quiet* Does working from home—or anywhere else but the office—make sense? In *Remote*, Jason Fried and David Heinemeier Hansson, the founders of Basecamp, bring new insight to the hotly debated argument. While providing a complete overview of remote work's challenges, Jason and David persuasively argue that, often, the advantages of working “off-site” far outweigh the drawbacks. In the past decade, the “under one roof” model of conducting work has been steadily declining, owing to technology that is rapidly creating virtual workspaces. Today the new paradigm is “move work to the workers, rather than workers to the workplace.” Companies see advantages in the way remote work increases their talent pool, reduces turnover, lessens their real estate footprint, and improves their ability to conduct business across multiple time zones. But what about the workers? Jason and David point out that remote work means working at the best job (not just one that is nearby) and achieving a harmonious work-life balance while increasing productivity. And those are just some of the perks to be gained from leaving the office behind. *Remote* reveals a multitude of other benefits, along with in-the-trenches tips for easing your way out of the office door where you control how your workday will unfold. Whether you're a manager fretting over how to manage workers who “want out” or a worker who wants to achieve a lifestyle upgrade while still being a top performer professionally, this book is your indispensable guide.

It Doesn't Have to Be Crazy at Work Jason Fried, David Heinemeier Hansson, 2018-10-04 Jason Fried and David Heinemeier Hansson, the authors of the New

York Times bestseller *Rework*, are back with a manifesto to combat all your modern workplace worries and fears.

Shape Up Your Life Penny Ferguson, 2007-08-01 Millions of us want to lose weight, find romance, looklike models, kick start our careers and ditch the stress...and still have time for great sex. And when we do, there's tons of advice out there to help us, a never-ending avalanche of books, magazines, websites and TV programmes. Who's got the time to wade through this lotto sift the

Tone-a-metrics Brian Heir, 1994

Hearings United States. Congress. House. Committee on the Judiciary, 1953

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