



Total Pilates: The Step-by-Step Guide to Pilates at Home for Everybody

Ann Crowther

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Pilates redefined! This easy-to-follow program, based on health and lifestyle expert Ann Crowther's development of the Joseph Pilates System, offers a unique combination of exercise, diet, and positive living. She explains the principles of traditional Pilates and her own adaptations: how to complement any exercise routine with sensible, nutritious eating habits; and how to harness the healing power of the mind to improve concentration, motivation, and relaxation. Crowther's approach can be adapted to suit any fitness level and lifestyle, and more than 150 step-by-step and inspirational photographs illustrate the text.

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