

Callanetics: 10 Years Younger in 10 Hours



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著者:

出版者:

出版时间:

装帧:

isbn:9780688037871

CHAPTER ONE
> Who Is Callan
> Pinckney and Why Is
> She Writing This
> Book?
> Callan Pinckney is not a celebrity
> model or movie star
> nor is she a medical doctor with a string of degrees. She is
> a teacher
> albeit unorthodox
> of one of the most innovative
> exercise programs today. How she became a teacher is not
> so simple to explain. How she devised the program began
> somewhere between Savannah
> Georgia and Southeast
> Asia
> sometime in the 1960s.
> On paper
> Callan's life looks like the figment of a fertile
> imagination
> a scenario for a movie script:
> A ninth-generation American Southern debutante
> Callan
> hopped a freighter bound for Germany in 1961 and hitch-
> hiked around the world for the better part of ten years
> completely missing the turbulent sixties in this country.
> She shoveled snow

in London
tracked migrating herds in Central Africa
painted the decks of a freighter as a member of its crew
sold peanuts table to table in a fashionable Tokyo rooftop restaurant
and taught British pronunciation to four hundred Chinese children in Hong Kong. These are but a few of her survival jobs.
Born with spinal curvatures (scoliosis and swayback) one hip higher than the other and feet turned inward so severely that she wore leg braces to her waist for seven years of her childhood
Callan went on to study classical ballet for twelve years with a protege of the legendary Michel Fokine.
Today she teaches exercise to diplomats and ambassadors
wives.

作者介绍:

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