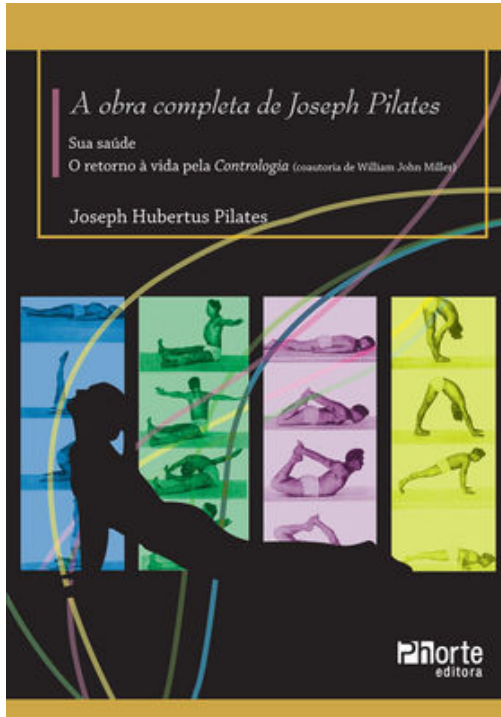


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A obra completa de Joseph Pilates aborda aspectos relevantes para todos nós, apresentando o que Joseph Pilates denominou Contrologia, que auxiliará no entendimento das bases do Método Pilates. Apresenta-se um material inédito na língua portuguesa relatando a filosofia defendida pelo autor revolucionário, incluindo fotografias que documentaram suas teorias. Também nesta publicação, Joseph Pilates abordou a saúde e a qualidade de vida e como a atividade física tem papel fundamental na prevenção e na cura das doenças. O livro é composto por duas obras de Pilates, Sua saúde e o retorno à vida pela Contrologia, esta última com coautoria de William John Miller, escritas em 1934 e 1945, respectivamente. as imagens contidas no livro são as das edições originais.

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