#140

THE NAKED
IN AJA
Samuel Edwards

A tempestuous love story
Filmed by Titanus
Productions starring
AVA GARDNER
ANTHONY FRANCIOSA
for M.G.M. release

#140

The story of the artist francisco Goya—the brawling, drinking and wenching young rebel—who lived, loved and painted with the same fervent gusto.

Goya, man of the people, bull fighter and one of the world's greatest painters, who fought for and won the love of the tempestuous and beautiful DUCHESS OF ALBA.

Against the tyranny of feudal Spain, and the evermenacing shadow of the Inquisition, their love was doomed ... but in their brief months of passionate intimacy Goya came to paint the famous picture that has made MARIE CAYETANA immortal.

First British Edition

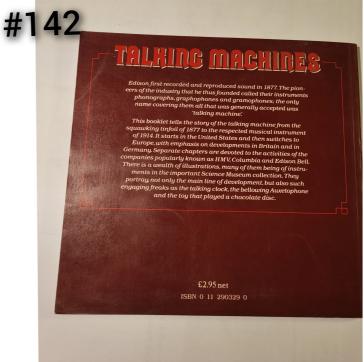
PAN BOOKS

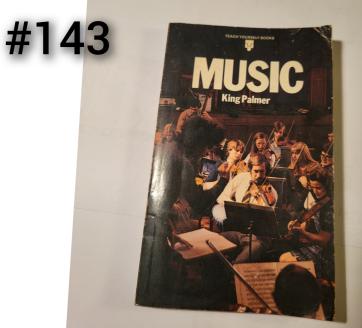
8 HEADFORT PLACE, LONDON

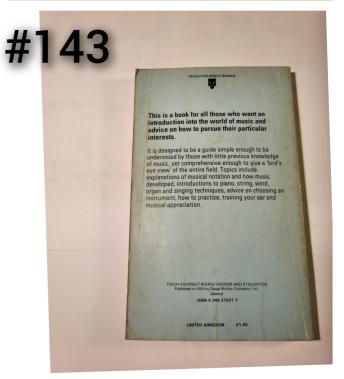


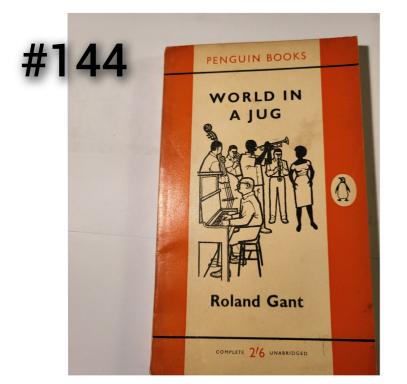


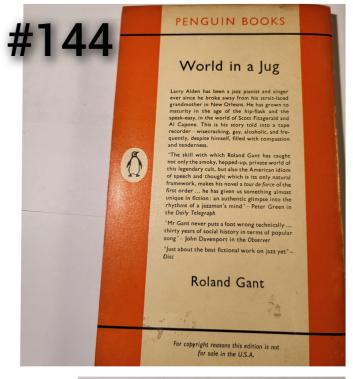


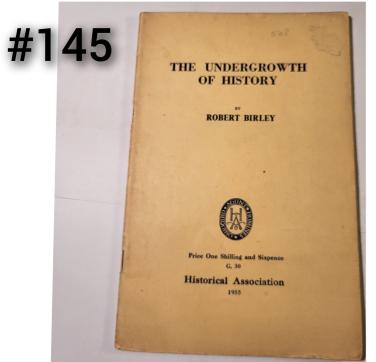


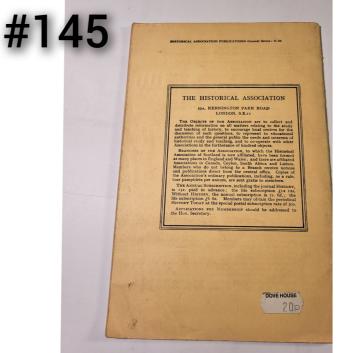




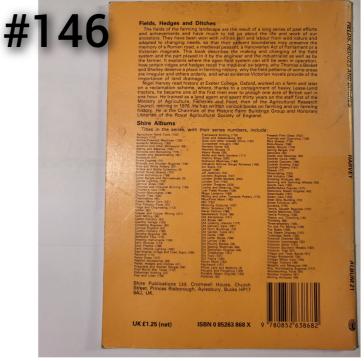


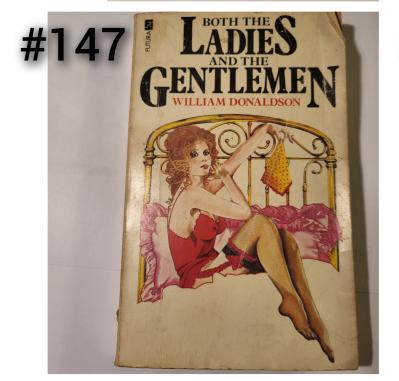












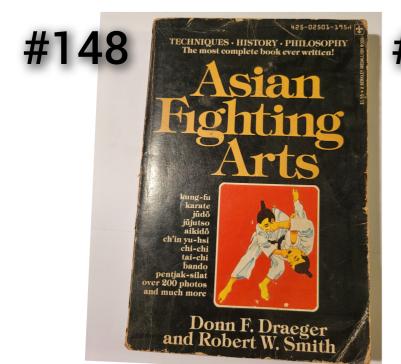
**THE BEST BOOK I'VE EVER READ' RICHARD INGRAM

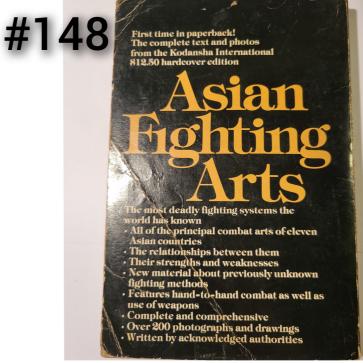
*A MINOR CLASSIC OF UNCIVILIZED BAWDRY' KEN TYNAN

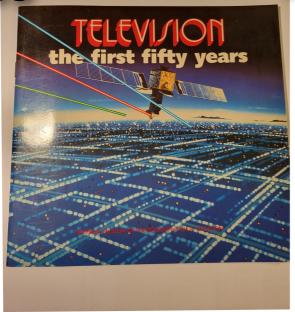
At the ripe old age of 38 William Donaldson, producer of Beyond the Fringe and many other highly successful shows 'found himself by chance' in the apartment of a call-girl: he decided to stay and set up as a brothel-keeper.

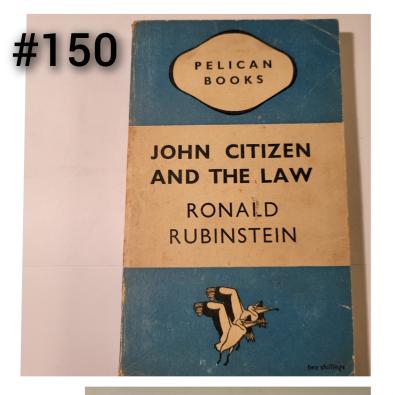
The wittiest and most literate ponce ever to set pen to paper, he introduces us to such delectable morsels as Emma Jane (once Miss Crampton, typist), Black Dolores, and Big Elaine, a true professional who is still a country girl at heart: according to Willie, she still thinks sex is a trifle rude, and has therefore decided that charging for it is the least morally confusing thing to do.

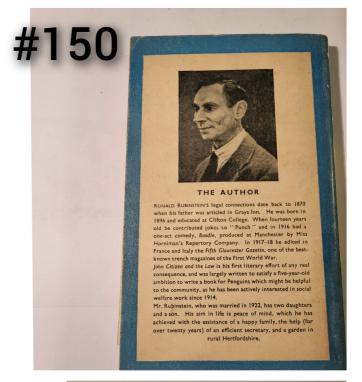
The constant flow of bankers, cabinet ministers, showbiz people and chinless wonders are lovingly described, and the incredible going-ons and comingoffs are all the more enjoyable for being word-for-word true.

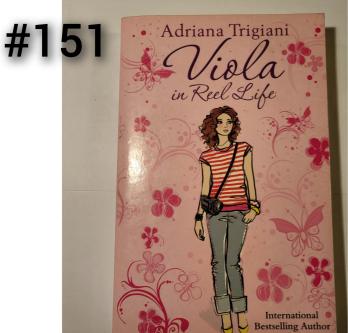


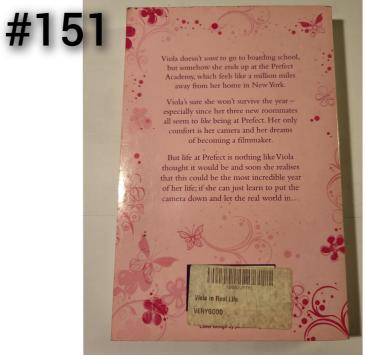












#152

Penguin Modern Classics

Joseph Conrad

'Twixt Land and Sea

In this collection, first published in 1912, Conrad has brought vividly to life the world of the sea and its adventurers. The only bond, he wrote between these three stories is, so to speak, geographical, for their scene, be it land, be it sea, a strated in the same region which may be called the region of the Indian Ocean.

It is fories themselves are impressive examples has shorter fiction: with their qualities of departs and adventure, tragedy and romance, it is sooke all the atmosphere of the Indies and departs and adventure, tragedy and romance, it is sooke all the atmosphere of the Indies and departs and his castaway daughter Alice; the young captain who; surprising himself, takes on board a mysterious swimmer in the Gulf of Siam; and in the last story, which one reader at the time said was so intolerably harrowing that Conrad had no right to publish it, he has created in Freya one of his most enduring and compelling heroines.

The cover shows a detail from 'View of the Hoogli River, Calcutta, India' by C. J. Martin, in the Peasbody Museum of Salem (photo Mark Sexton)

HERMAN MELVILLE
FOUR SHORT NOVELS

BENITO
CERENO
FORETOPMAN

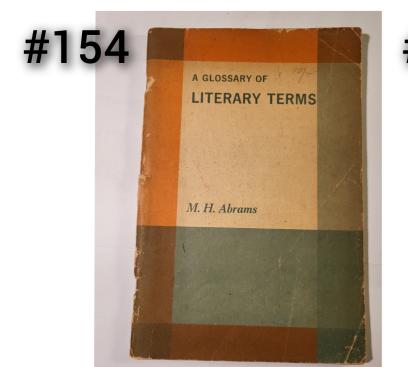
THE
BARTLEBY
OR ENCANTED ISLES

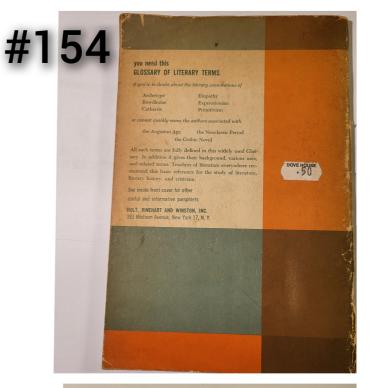
A PARNAMIT CLASSIO

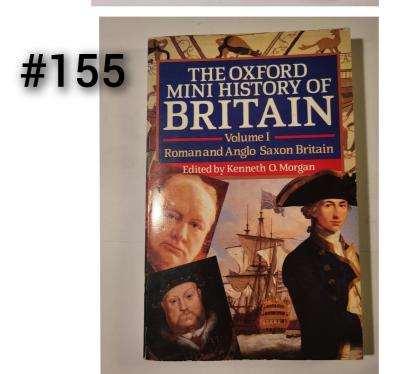
HERMAN MELVILLE FOUR SHORT NOVELS

For many people the shorter novels of Herman Melville have been lost in the gigantic shadow of his universally recognized masterpiece, MOBY DICK.

Yet the short novels in this volume, written after his popularity had begun to wane, actually represent the peak of Melville's artistic development. The compelling story line, the profound symbolism, the brilliant character delineation are all in evidence, and there is a tightness and precision in these stories of which the author had not been capable before. BILLY BIDD, the last of Melville's works, is considered by many scholars to be his greatest.



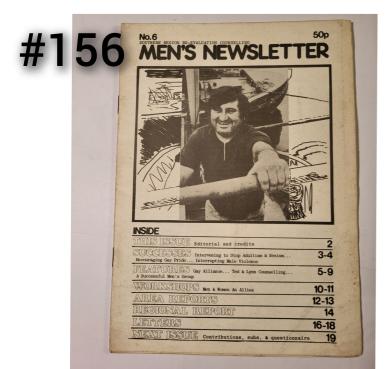


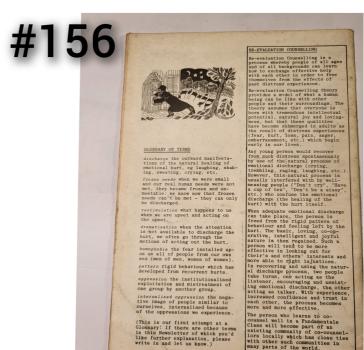


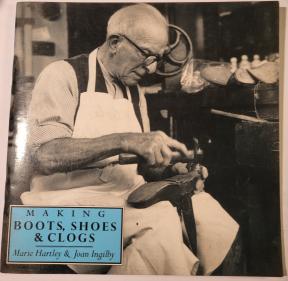
1 5 5 | THE OXFORD MINI HISTORY OF BRITAIN Edited by Kenneth O. Morgan for live separate volumes THE OXFORD MINI HISTORY OF BRITAIN all site bestory of Britain and her peoples over two thousand years, from the coming of the Roman legions to the Present day.

The dramatic narrative relates developments throughout the relationship between the political, economic very dark of the present day.

The dramatic narrative relates developments throughout the relationship between the political, economic very dark of the present day to the standard cultural transformations in British beneate various and change in every pend elements of the present day of the p







#157

Before the introduction of machinery to make footwear, individual boot, shoe and clog makers served the needs of their neighbourhoods, and their goods were hand-made and hand-sewn. Once by far the most numerous of craftsmen, now there are only occasional survivors.

Once there were many crafts such as this, which were formerly carried on in small workshops or at home, supplying the necessities for daily life in village and town. Most but not all of them have gone. Their skills are either no longer required, or their wares are now mass-produced. But perfection was their aim, and long hours of work and little pay their lot.

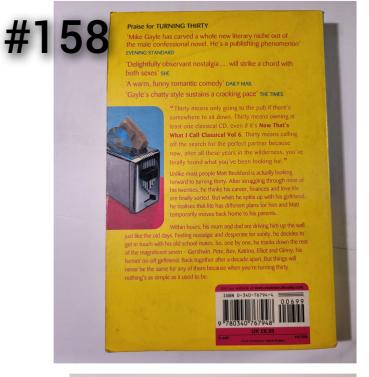
The has now been recorded in a new series of books showing the intricacies cork, and the craftsmen's skill, patience and pride in their labour. An about describes the historical background, methods and tools; and a series appropriate reveal the stages of work and the atmosphere of the working trainent over the years.

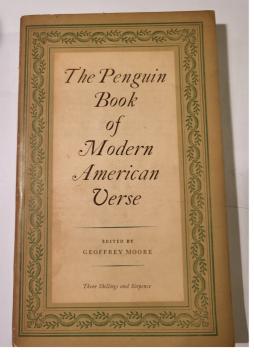
Also in this series: Making a Cartwheel, Making Ironwork, Making Stonework, Making a Backcan, and Making Cheese & Butter. Other titles are in preparation.

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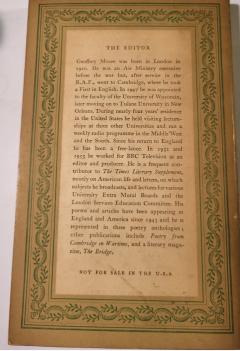
£2.95

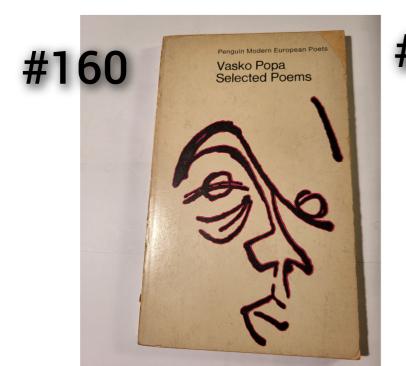


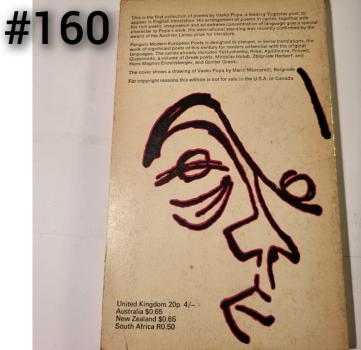


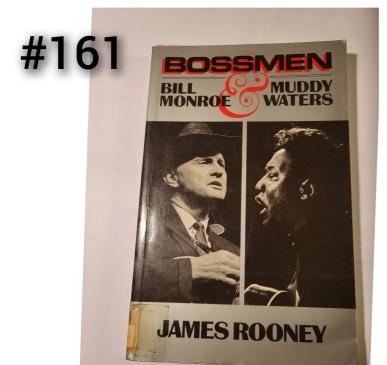


#159









MUSIC

BOSSMEN
Bill Monroe & Muddy Waters
by James Rooney

"It's not easy to capture the careers of two great musicians between the covers of one slim volume. Jim Rooney has done this and more. Rooney is a musician, and a good writer, and an honest and perceptive man as well... Anyone in the world warting to understand American music could well start right here."

—Pete Seeger

"This happy little book zips and zaps along the careers of these two bossmen on an alternating current of quotes and author's commentary. Such rich bluegrass and black delta drawl in the quotes—If the book had a cord you could plug it in and get music."

—Rolling Stone

Every field has its "boss man"—the one who sets the style and makes the rules. In bluegrass and early country music, the man is Bill Monroe. In the world of urban blues, the man is Muddy Waters.

Using their own words and dozens the careers of these two bases Rooney et up in remote rural areas. In his childhood, Muddy heard field hollers, church music, jug bands, jubliess, shouts, and the raw sound of the delta blues; for Bill Monroe it was square dances, rymns, oid country ballads, and ferneled fielding. And both men brought their music to the big cities. Bill to Nashville, Muddy to Chicago.

But this is more than a book about music; it is a book about black and white America. In microcosm, it is almost a history of this country, and it sets up striking comparisons that cut deep into our heritage and our ways.

James Rooney has been involved in music since he was a teenager, and has been a musical partner of banjots Bill Keith for thirty years. Former Director of the Vewport Folk Festival, he has also been managers and bas been a musical partner of banjots Bill Keith for thirty years. Former Director of the Vewport Folk Festival, he has also been managers. Former Director of the Vewport Folk Festival, he has also been managers. Former Director of the Vewport Folk Festival, he has also been managers. Former Director of the Vewport Folk Festival, he has also been managers.

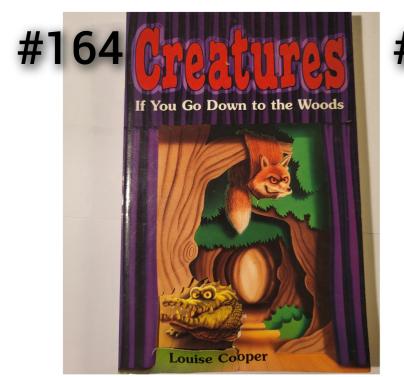
#162
TAPE MUSIC COMPOSITION
David Keane

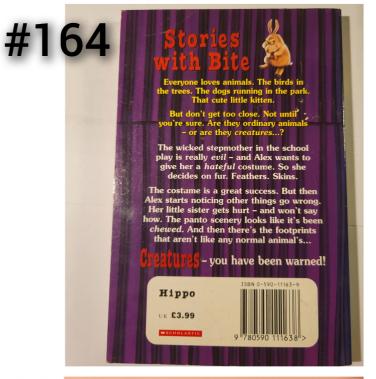
This is a prostical treatmock. It takes the reader who wishes to compose between music step by step through the skills and compose the commence of the commenc

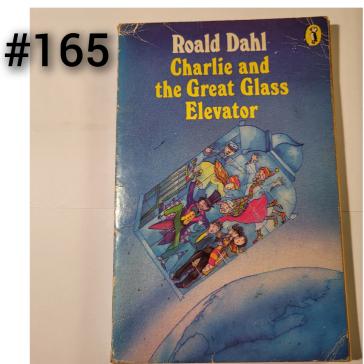
#163
Folk Sylvanic Cournal

1988 · Volume 5 · Number 4









**We've gone into orbit!' cried Mr Wonka*

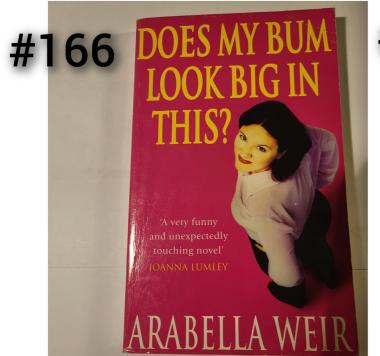
Charlie has won Willy Wonka's chocolate factory, and is now on his way to take possession of it. With his parents and grandparents – and Mr Wonka – he's travelling by a strange new means of transport: a Great Glass Elevator But suddenly things start to go wrong. The elevator zooms higher and higher into the sky until it goes into orbit round the Earth. So begins a hilarious and exciting adventure in which Charlie, his family and Mr Wonka – and three gallant astronauts they meet – defend themselves against a mob of vicious space monsters.

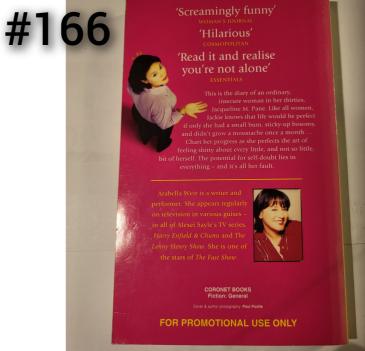
The superb new illustrations are by Michael Foreman

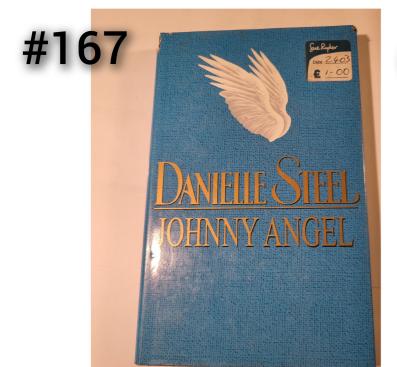
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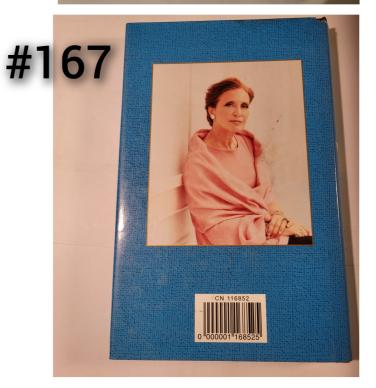
The superb new illustrations are by Michael Foreman

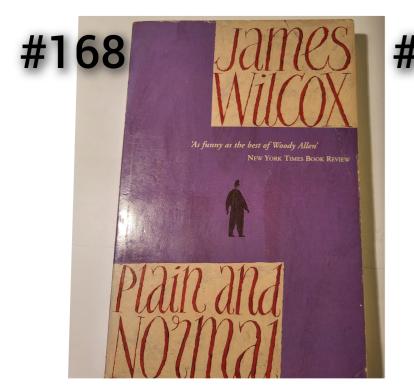
**Just 1.15 & 1.15











Mr Norris longs for a life of peace, harmony and normality, but sometimes it seems as if his dream will never come true.

Maybe it's because he is gay, maybe he needs to find the right man, or maybe he simply needs to escape the attentions of his Machiavellian secretary. Whichever way, whenever Mr Norristries to do some good in a crazy world – whether it's volunteering to become a home help for two cranky old men, opening doors to the needy and desperate, or confessing his intimate throughts and desires to his priest – he finds himself curiously on the defensive.

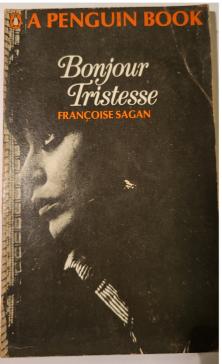
James Wilcox has created an unforgettable and endearing hero, who finds that love, comfort and generosity are hard to come by in the vast and confusing landscape of New Yorks.

"Wilcox is an American Voltaire." – New Yorker

"With a cast of Seinfield-style werdness and eccentricity, crackling good dialogue and an abundance of absurd situations Wilcox confirms his brimming talent for comedy." – Esquire

"Plain and Normal is Wilcox's funniest and most endearing novel to date." – Big Issue

#169



#169

A book that comes straight from the heart of a girl involved in a dangerous game to wreck her father's plan to re-marry.

'This is not just a remarkable book for a girl to have written; it is a remarkable book absolutely... She is imarvellously gifted'

- Sundaly Times

'A work of art of much beauty and psychological perception'

- New Statesman

Cover photograph by Ed van der Elakan Reproduced by kind permission of André Deutsch

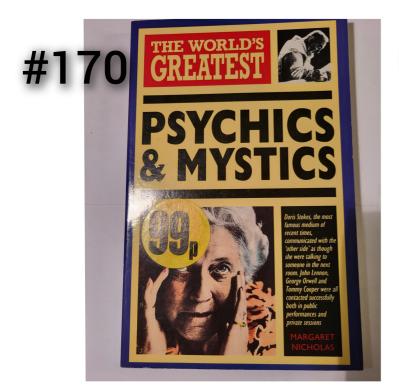
For copyright reasons this edition is not for sale in the U.S.A. or Canada

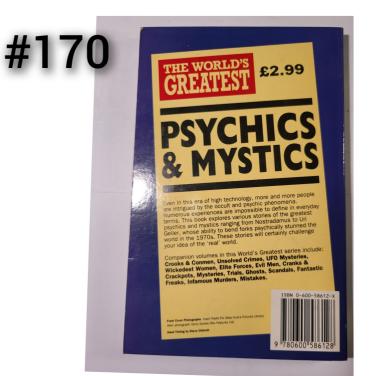
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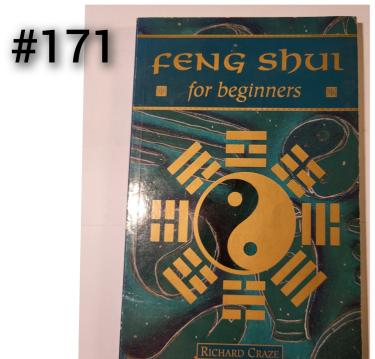
Australia 90.65

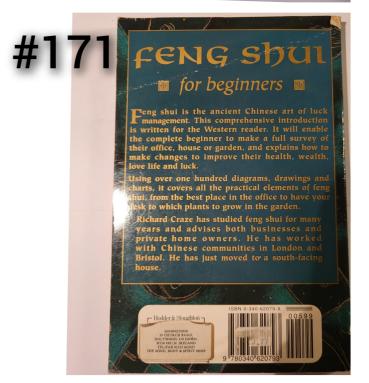
New Zealand 90.50

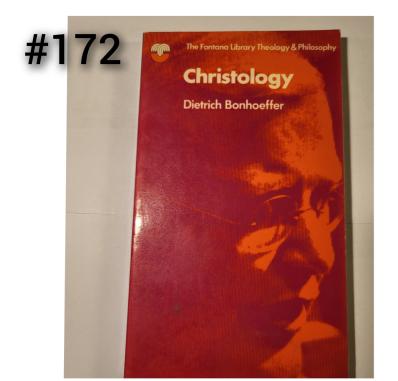
South Africa R0.50

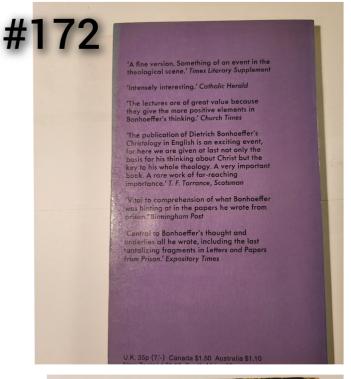


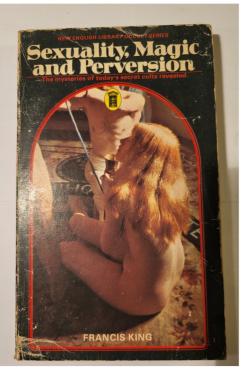


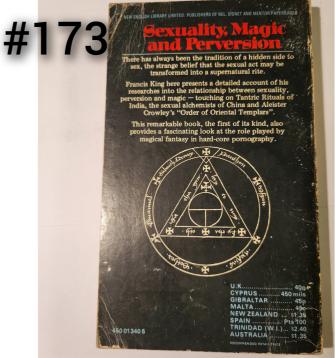
















#175
The English Poems of George Herbert

Edited by C. A. Patrides

The English Poems of George Herbert

Edited by C. A. Patrides

G. B. Harrison Professor of Inglish Literature. The University of
Michigant and Am Arbor

This fully annotated edition of the complete English poems
provides the text of the reliable first edition of The Temple.
(1633). Appended are six poems not included in The Timple.
(1633). Appended are six poems not included in The Timple.
(1633). Appended are six poems not included in The Timple.
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(1634). Appended are six poems not included in The Timple.
(1635). Appended are six poems not included in The Timple.
(1636). Appended are six poems not included in The Timple.
(1637). An exercise category which he intentionally 'parodiced'. An outline of the poet's
life and a comprehensive bibliography are also provided.
In his introduction Professor Patrides argues in detail the
sense in which Herbert's simplicity conceals complexity,
and his apparent artlessness the highest reaches of arr. An
analysis is also offered of the man himself, who since his
own time has remained something of an enigma.

... a particularly valuable book. There is a learned,
which range and critically lively introduction, particularly
useful notes on such matters as typology and parody in
Herbert, a very full bibliography, and effectively terse notes
on the poems. ... Herbert's poetry is now readily available
as a major literary experience. .'

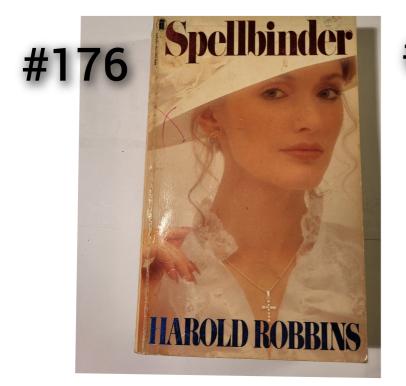
John Holloway, Times Higher Education Supplement

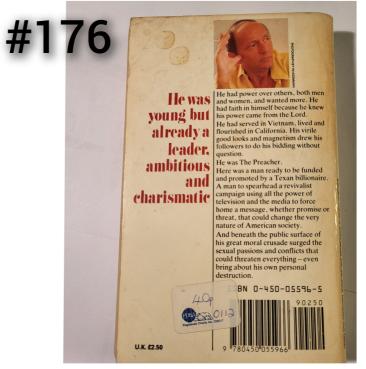
The cover painting a detail from The Last Supper' by Tintoretto in the
distarch of San Giorgio Maggiore. Venice. (Photo: Sala, Florence)

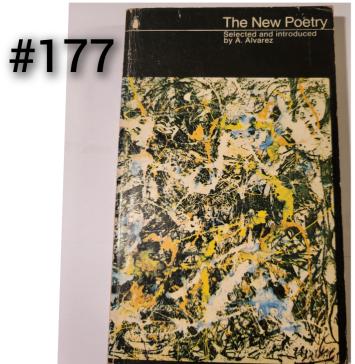
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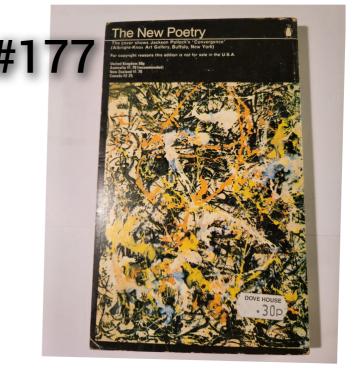
ISBN 0-450-11040-3

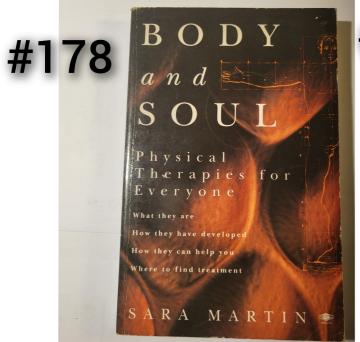
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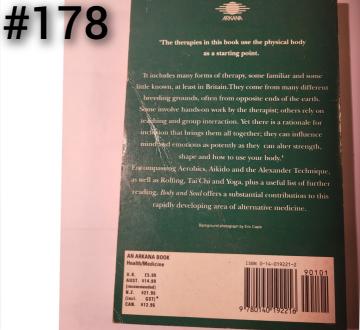


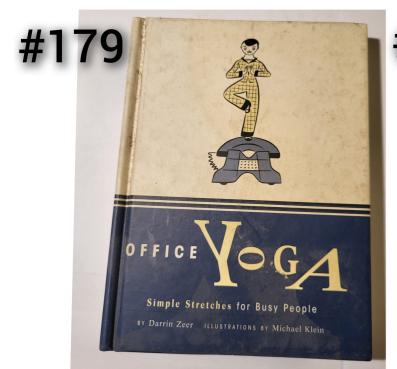


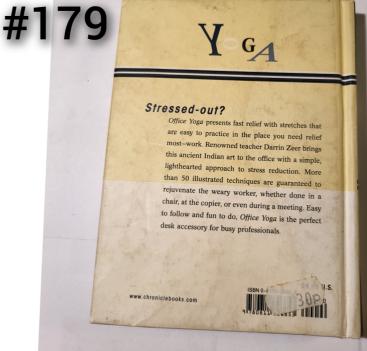


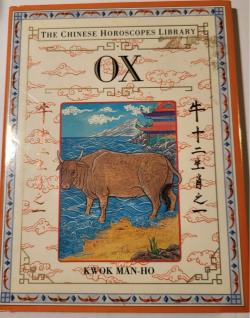




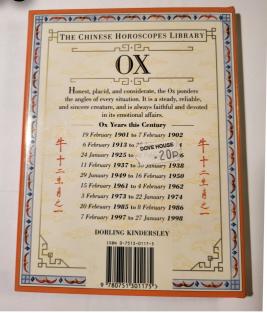








#180



#181



#181

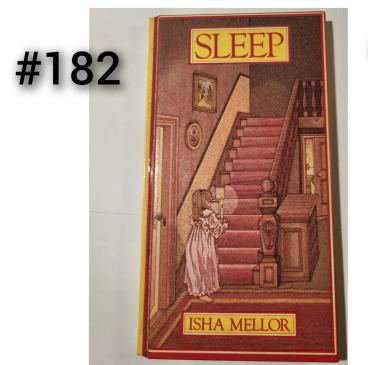
ZEN IN THE ART OF ARCHERY

This is a book of very great charm, a classic in its field. It shows the close connection which exists between the art of archery and Zen. By archery, in the traditional sense, which he esteems as an art and honours as a national heritage, the Japanese does not understand a sport but, strange as this may sound at first, a religious ritual. And consequently, by the 'art' of archery he does not mean the ability of the sportsman, which can be controlled, more or less, by bodily exercises, but an ability whose origin is to be sought in spiritual exercises and whose aim consists in hitting a spiritual goal, so that fundamentally the marksman aims at, and may even succeed in hitting, himself.

This is the only book-written by a westerner, and indeed the only book in a western language that describes the difficult path of learning Zen. A simple, vivid account of personal experience, it may well serve to mitigate the "unspeakable quereness" of Zen to the average westerner – to make the kicks and shouts of the Zen patriarchis seem less like the behaviour of lunatics. Students of Japanese culture, too, will find that it sheds much light to the way in which att and religion have been traditionally blended." – New Statesman

' A short, humble and highly illuminating book.' - Tablet

ROUTLEDGE & KEGAN PAUL



Life has been tough for Isha Mellor since she wrote Honey. Writing about sleep has meant bartling against the drowsiness that threatened to overtake her at the typewriter! Fingers stumbled, eyes glazed, the reference books fell to the floor. She slept.

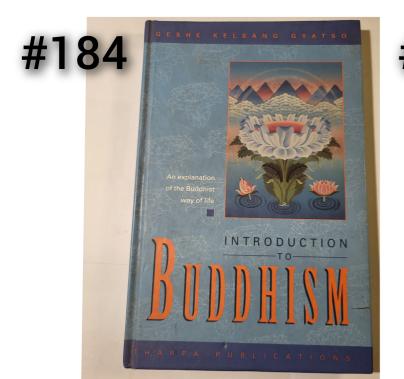
But in spite of this occupational hazard, she has persevered to produce a book both informative and amusing. Legend, fullabies, dreams, insomnia, beds, pillows, catmaps and nightcaps – all these and many more aspects of sleep are considered. And, being the kind of person she is, Isha has found unusual ways of courting sleep, which she has also included.

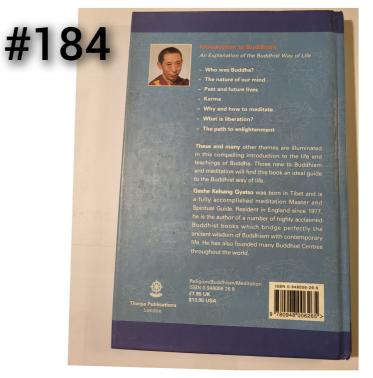
A delightful commanion volume to the A delightful companion volume to the author's previous books: My Mother Said, Mother Also Said, Touch Wood and Honey. Illustrated by RODNEY SHACKELL

#183



#183









#186

Ephraim Kishon:
Drehn Sie sich um,
Frau Lot!
Satiren aus Israel

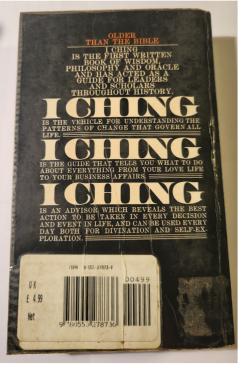
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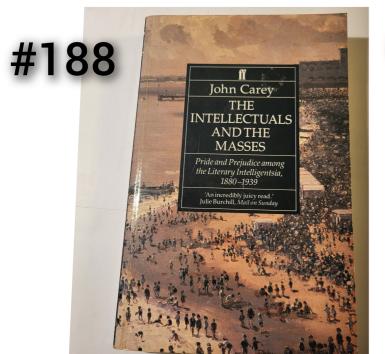
Ephraim Kishon

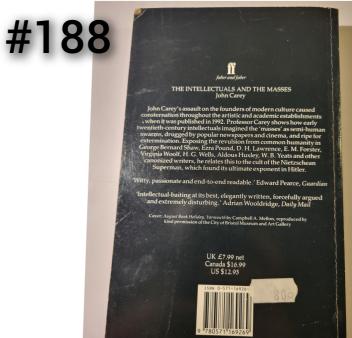
über sich selbst: 9... geboren 22.8.24 in Ungarn, neugeboren 1930 in Israel. Zu viele Scheuen. Zu viele Arbeitslager: ungarische, deutsche, dauen der in Israel in mehreren anset in Medical in israel in mehreren anset in Medical in israel in mehreren anset in Israel in I

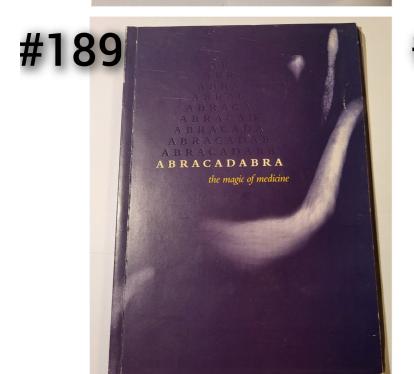
TRANSLATED BY JAMES LEGGE, EDITED WITH INTRODUCTION AND STUDY GUIDE BY CH'U CHAI WITH WINBERG CHAI

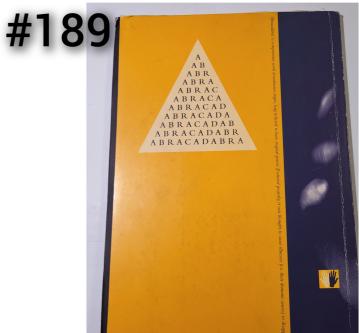
#187

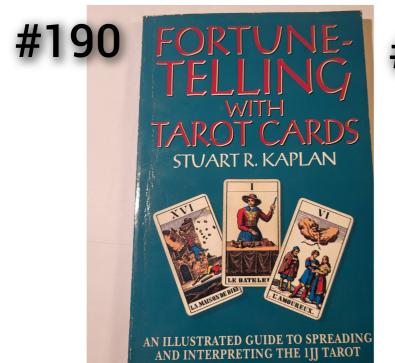








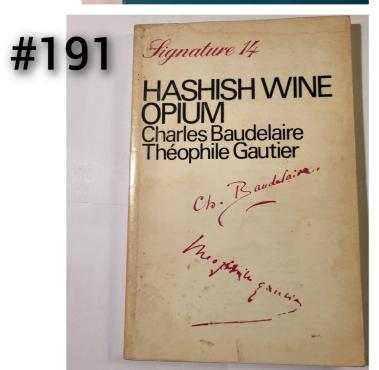




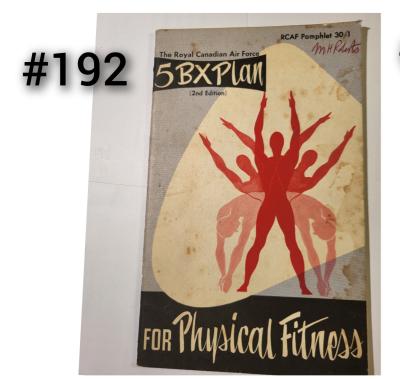
In this concise and fully illustrated guide to the 1]
Tarot deck the powers of the Tarot are revealed and explained, bringing the art of fortune-telling within the reach of everyone.

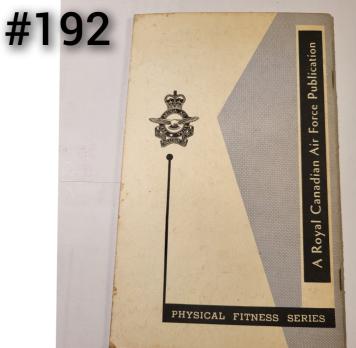
Stuart R. Kaplan provides an easy-to-follow introduction to reading the cards, with useful information on the meaning of reversed cards and the symbolism contained within the Tarot deck. He gives full interpretations for all the Major and Minor Arcana cards and explains several sample spreads, thus enabling even the complete beginner to start 'reading' straight away.

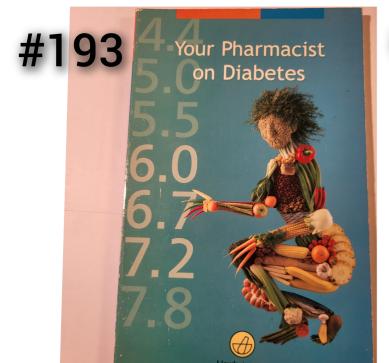
This book is an invaluable aid to anyone who wishes to learn more about the Tarot and how the cards can provide an insight into what the future may hold.

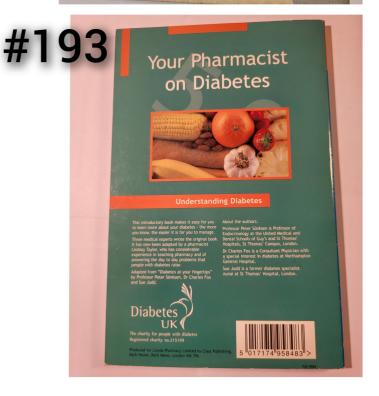


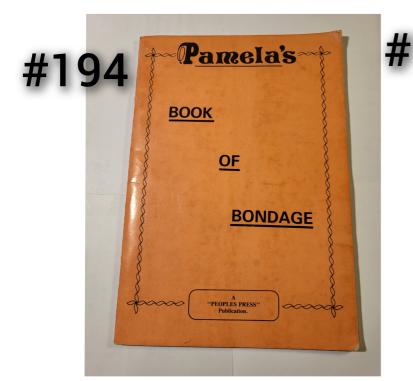
A Signature 14
HASHISH, WINE, OPIUM
Charles Baudelaire and Théophile Gautier
Translated by Maurice Stang with an introduction by Derek Stanford
The four pieces in this volume are unique in that they are among the earliest artistic records of the hallucinogenic experience and the properties of the properti

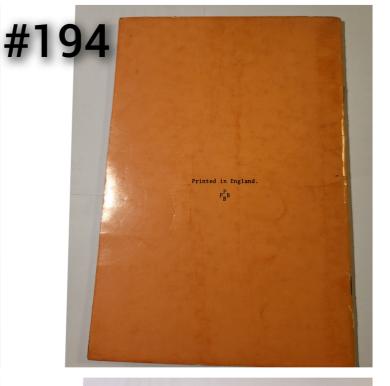


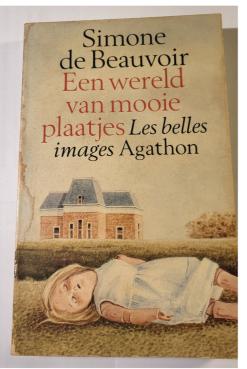












#195

okkelese pulse, volmader jonge vrouse. Alte sun kenrig, fris.

volmade: he blanne ware van her zwenshah he lace geluit van de

teomistalien, de voir, spite rozen, de weltige die opgereld tot slallejes

in de gladie hend hingen; de gou um sparen. Elke morgen als ze

haar luken opendi, keek Laurene uit op een schitterenle foto op

konstillukpupier.

In Een wereld van mooie plaatjes (Les belles images) schildert

Simone de Beauvoir het milieu van de Nieuwe Rijken in hun

intereurs die smaakvol zijn naar de maatstaven van

gelllustreede maandbladen. Een wereld van dure aftershave,

verre vakanties, tweede huizen en plastic zielen.

Laurence, de ik-figuur, is onder de autoritaire handen van haar

ambitieuze moeder opgevoed tot een mooi plaatje: de

charmante vrouw van een succesvolle, jonge architeet.

Daarmast fabriceert ze zelf letterlijk "mooie plaatjes als

medewerkster op een reclambureau. Laurence zelf is onderdeel

van het plaatje, maar kijkt er ook met onvrede van buitenaf

tegenaan. Het glas voor de kunstdrukfoto vertoont barsten, de

kleuren verbloken, het decor heeft ook een brute achterkant.

Laurence kont echt in verzet als de anderen zich met de

opvoeding van haar kinderen gaan bemoeien, haar dochteerties

willen persen in de vorm van hun valse schijn. Het mooie

plaatje wordt verscheurd: 'Een kind opvoeden, dat is niet er

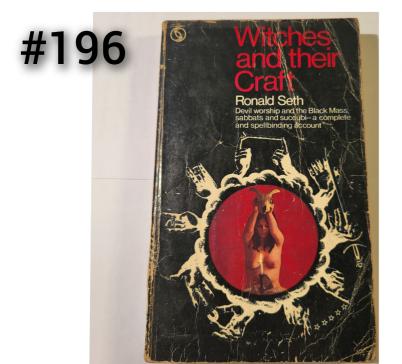
een mooi plaatje van maken.'

Les belles images verscheur.

Les belles images verscheen voor het eerst in 1966. Deze nieuwe druk verschijnt in een geheel nieuwe vertaling van Ernst van Altena. De vroegere vertaling droeg de titel 'De schone schijn'.

ISBN 90 269 5066 7

Uitgeverij Agathon, Bussum



The Black Arts are as old as mankind, and today groups of Satanists still practise the Black Mass and other traditional rites, even in twentieth-century Britain. WITCHES AND THEIR CRAFT is a complete account of the rituals and beliefs of this bizarre cult, from earliest times to its hayday of power in the British Isles and Europe in the seventeenth century.

Ourite as fascinating as the strange beliefs and apparent successes of the witches themselves is the shockingly brutal way in which the authorities dealt with suspected witches, persecuting, torturing, and finally burning them alive. In the perverse hysteria of the witch-hunt, women, girls, and even young children, accused each other lof appalling obscenities; in his accounts of the trials, taken from contemporary records. The author suggests some

#197
LOBSANG RAMPA
THE RAMPA STORY

#197

TIOBSANG RAMPA

is the author of ten extraordinary books, each one immensely readable and thought provoking.
They are.

THE THIRD EYE. A great bestseller wherever it was published. Well over 150,000e poles have been sold in the Corgi edition abone. Well over 150,000e poles have been sold in the Corgi edition abone. Well over 150,000e poles have been sold in the Corgi edition abone. Well over 150,000e poles have been sold in the Corgi edition abone. The TRAMPA STORY: Revealing other aspects of the author's strange like and the mystic powers with which he is endowed. THE CAVE OF THE ANCIENTS: Lobsang Rampa's story of his beynedences at the Lamaseries of Tible.

LIVING WITH THE LAMA: More details of Lobsang Rampa's extraordinary existence, this time from a different angle! YOU-FOREVER: A special course of instruction in psychic evelopment and metaphysics.

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#198

Michael DeBakey, M.D.
and Antonio Gotto, M.D.

Five of the world's top heart specialists
tell how your cardiovascular system works, why it
fails and what can be done about it.

Illustrated by Herbert R. Smith

Michael DeBakey, the world's leading authority on the heart, and Antonio Gotto, internationally known for his work in the prevention of cardiovascular disease, help you to understand, cope with, and possibly prevent:

Arteriosclerosis and Atherosclerosis Coronary Heart Disease
Stroke
Hypertension
Aneurysms

Michael DeBakey, M.D., is widely considered the world's foremost cardiovascular surgeon, and is one of the founders of the National Heart and Blood Vessel Research and Demonstration Center at Baylor College of Medicine.

Antonio Gotto, M.D., is the scientific director of the National Heart and Blood Vessel Research and Demonstration Center, and has conducted important research on fats in the blood and their relationship to the development of coronary heart disease.

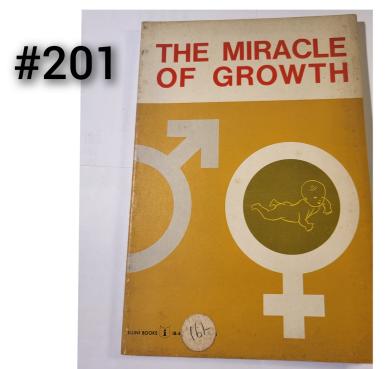
#199
Witchcraft
Pennethorne Hughes

published by Penguin Books

Witchcraft, for most of us, is associated with Sabbats, black cats, and blood pacts with the devil. Pennethorne Hughes, however, has deliberately excised the sensation and legend in this scholarly study of a serious subject. Credence in the powers of witches he-sees as the control of the powers of witches he-sees as the control of the common of the c







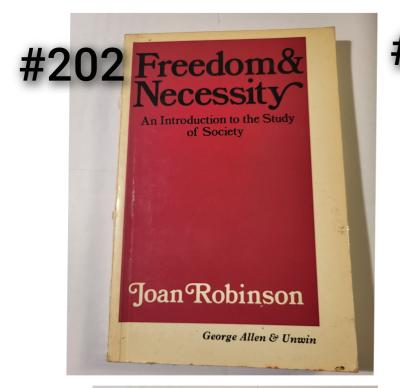
The way a human being is conceived, is born, grows, and develope is miraculous—and yet we take it for granted. What do we really know about this miracle? What do doctors and scientists know about the beginning of life and its continuity? These are the questions answered in this new, revised edition of The Miracle of Groeath, with its accurate photographs and drawings, and casy-to-read text.

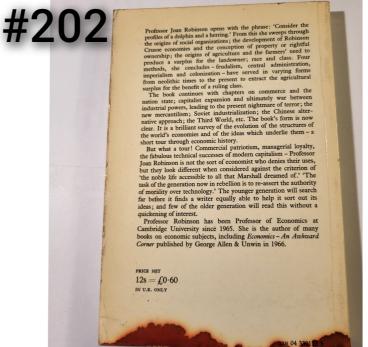
Based on the famous University of Illinois exhibit at Chicago's Minseum of Science and Industry, this concise, informative guide to growth and development is not intended for the specialist, but for the average reader in every home and classroom. Technical stems are avoided wherever possible, and where their use is unsavoidable they are explained both in the text and in the separate "Glossary of Important Words." The illustrations have been carefully adapted from medical texts and from the museum exhibit. They show human growth accurately and in detail from the moment of conception to the advent of maturity. A special serious entitled "Some of Your Questions" provides clear, direct answers to such commonly asked questions as: What are the effects of heredity? What is the role of environment? What determines a child's sex? Can it be predicted? Can insanity and disease be inherited?

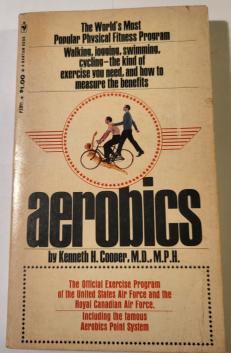
"The illustrations are clear and simple, the text ... is sound in its tracing of human development from conception through adolescence. Teachers of biology, child development, family relations and related subjects will find this a valuable resource."—

Marriage and Family Living. "This is a beautiful book."—

American Journal of Public Health.







#203

"A MAJOR CONTRIBUTION TO A HEALTHIER AMERICA.
"This is without question the best book on physical fitness that I have read. But it is much more than that. Here is a highly readable, often amusing and always provocative book. What is more, the book will not only save lives, it will make those lives more vital, alert, efficient and, yes, happy."—William Proxmire, U.S. Senator Incredibly simple! Amazingly effective! The one program that uses normal activity to improve overall health. No dieting, calisthenics or nerve-racking will-power tests! Aerobics is based on a revolutionary point system that lets you test yourself, decide how much activity you need, choose your own individual plan and measure your progress. Aerobics has been proven by an extensive exercise program involving over 15,000 people of both sexes. Heavy smokers, overeaters, nervous types, victims of depression, ulcers, diabetes, heart and lung ailments. Results in terms of fitness: the majority of people tested soared from the poor to the good and excellent categories. Smoking, compulsive eating and insomnia were cut down coluntarily!

AEROBICS

#204

A Dictionary of BIOLOGY

#204

In this dictionary, the authors, aim is to explain biological terms which a symmetry meet when reading selentific literature; to define the terms which a student of hology has to master at the beginning of his career — the thousand or so words which se crimity guard the approaches to the science; and to provide a reminder for the professional biologist reading outside his own narrow field. The entries are not restricted to a bare definition: some information about most of the things named is given, so as to convey something of their significance in biological discussion.

The authors have tried, as it were interpret a foreign language as it as actually used. It would be wrong to rely on etymology, as a guide to correct usage. The meaning of a Greek root may be unequivocal, but biologists are not talking Greek; they are using a living language, and the proof of the meaning is in the speaking.

The giver shows a human ovun-turbulant & Schwagenberg, Munich, and If ofessor, L. B. Shettles)

#205

MAN
ANIMAL
Edited by
Heinz Friedrich

S80 00093 7

The still young science of ethology – that comparative study of animal behaviour – has in recent years won spectacular success in decoding some of the secrets of human conduct. This important new branch of zoology, has revealed that many forms of animal behaviour are also typical of man's responses to his environment; at the same time it has helped to define more precisely the boundaries between human and animal behaviour.

Man and Animal brings together in one volume some of the most significant statements on this subject from the work of eight leading Europeans in the field;

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Bernard Grzimek

Karl von Frisch

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Otto Koehler

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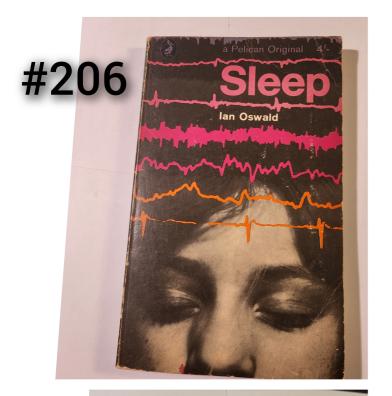
Prototypes of Human Communication Systems in Animals

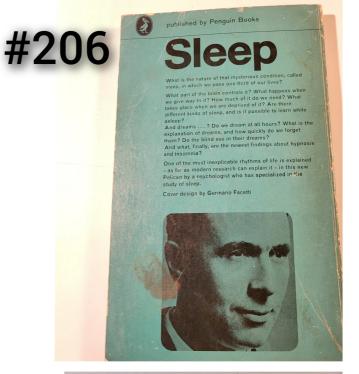
Non-verbal Thinking

Chance, Necessity and Plan in the Living Universe

Cover illustration by Norman Weaver

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#207 TRAINING
For the Over-358

MARY SOUTHALL & E.G. BARTLETT

#207

WEGHT TRAINING FOR THE OVER-35s

A fitness handbook to improve the quality of your life

Wight raining on help you enloy life more by making you feel healther, more structive and better

Wight raining on help you enloy life more by making you feel healther, more structive and better

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Introductory course flow for use at home or in leisure centres

Exercises to shape up all methads younger same and anaging the had

Introductory course flow for use at home or in leisure centres

Exercises to shape up all methad youngers are considered.

Caping with atress

Alary Southall was a regional organizer for Vegleth Workber for 15 years and is a highly experienced health and fitness regional engineer for Vegleth Workber for 15 years and is a highly experienced health and fitness regional engineer for Vegleth Workber for 15 years and is a highly experienced health and fitness regional engineers of Vegleth Workber for 15 years and is a highly experienced health and fitness regional engineers of Vegleth Workber for 15 years and is a highly experienced health and fitness regional engineers of Vegleth (Transport). 2007.

WEGHT TRAINING

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