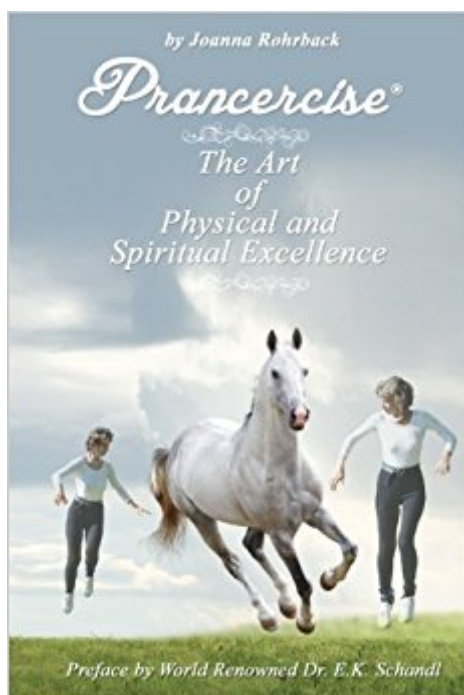


The book was found

Prancerise: The Art Of Physical And Spiritual Excellence



Synopsis

Prancercise™: The Art of Physical and Spiritual Excellence, is a whole new way of thinking and approaching fitness. To be really fit we need to consider more than just ourselves; we need to also consider the conservation of the environment (as through vegetarianism), and non-violence, through our thought process and behavior. This book is a true literary resource well researched and documented, not just propaganda. It's a recipe for fitness, health, and self-fulfillment!

Book Information

Paperback: 128 pages

Publisher: WingSpan Press (October 1, 2012)

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Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 84 customer reviews

Best Sellers Rank: #769,630 in Books (See Top 100 in Books) #121 in Books > Health,

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Customer Reviews

ABOUT THE AUTHOR: Joanna graduated Westchester Community College with an Associates in Science degree and attended The University of Miami School of Nursing. She went on to graduate Florida Atlantic University receiving a Bachelor's degree in Health Services. She subsequently worked as a Social Worker for the State of Florida for several years and then a Realtor. Joanna took some "time-out" to create her Prancercise™ Program in 1989 as well as the video Funky Punky's Prancercise Program, which she copyrighted. Shortly thereafter, she founded the Vegetarian Advocate's Group educating people on the health and planetary benefits of this discipline. She finished and copyrighted her book Prancercise™: The Art of Physical and Spiritual Excellence as an unpublished manuscript in 1994. Ms. Rohrbach went on to facilitate a Food Addictions Support group and organized and ran the Citizen's for Democracy Group. She did research for Jennifer Van Bergen, a Journalist and had her own article published in The SunCoast Eco Report (Feb./March 2003). She donates time consulting the Elderly and Disabled on the benefits of holistic medicine and supports environmental issues facing her community; she is

currently owner/manager of Prancercise,L.L.C. and prancercise.com through which she teaches her novel aerobics and does Wellness coaching.

This book finally let me experience my inner-horse. I was like a child again, prancing through the woods. At one point, I was convinced I had 4 legs. A smile radiated from my face. I punched the sky, knowing that I was free.Call me Prancer, for I walk my path with joy.

I should have known from the cover that I'd open this book to find a bit of a mess inside. I quickly got annoyed that there was a registered trademark symbol next to the word "Prancercise" EVERYTIME it was written. It drove me to the point of insanity- so I closed the book and haven't finished it. God bless Joanna Rohrback.

I left my copy at our CrossFit Box (gym) as an addition to our library and it is a hit!

The writer clearly has a lot of baggage from her childhood, but the concept is wonderful. I have been prancercising in the pool and it feels wonderful. It is a great workout and fun to be a kid again.

I've lost 100 pounds!

:)

Gag gift. Sits on my coffee table as a conversation piece.

I was prancercing and accidentally pranced my way onto a rock and sprained my ankle. The doctor tried to shoot me! Stay away, unless you have strong legs.

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