

BASIC TRAINING BOOK



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Mark Rippetoe is the author of Starting Strength: Basic Barbell Training, Practical Programming for Strength Training 2nd edition, Strong Enough?, Mean Ol' Mr. Gravity, and numerous journal, magazine and internet articles.

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BASIC Wikipedia

BASIC (an acronym for Beginner's All-purpose Symbolic Instruction Code) is a family of general-purpose, high-level programming languages whose design philosophy emphasizes ease of use. In 1964, John G. Kemeny and Thomas E. Kurtz designed the original BASIC language at Dartmouth College. They wanted to enable students in fields other than science and mathematics to use computers.

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WORLD HEALTH ORGANIZATION (2013) Guidelines for the Management of Conditions Specifically Related to Stress. Geneva, Switzerland: Author. Trauma-focused CBT and EMDR are the only psychotherapies recommended for children, adolescents and adults with PTSD.

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Connally Harlingen Navigators Observers Navigators

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