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Penguin Putnam Inc, United States, 2006. Paperback. Condition: New. Reprint. Language: English . Brand New Book. Harley Pasternak, M.Sc., holds an MS in exercise physiology and nutritional sciences from the University of Toronto, and an honors degree in kinesiology from the University of Western Ontario. He is certified by the American College of Sports Medicine and the Canadian Society of Exercise Physiology. His work has been profiled in such national publications as Redbook, Glamour, Fitness and Men s Health, and...

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- Authored by Harley Pasternak
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