

Conquer Me

K-pop Dance Japanese Castles in Korea 1592 - 98 The Para Fitness Guide Love,
Tommy Logic-Based Therapy and Everyday Emotions Concrete Hell Unmarketable
Chuyun Oh Stephen Turnbull Sam McGrath Andrew Roberts Elliot D. Cohen Louis A.
DiMarco Anne Elizabeth Moore

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this book is about k pop dance and the evolution and presence of its dance fandom on social media based on five years of ethnographic fieldwork interviews choreography and participation observation with 40 amateur and professional k pop dancers in new york california and seoul the book traces the evolution of k pop dance from the 1980s to the 2020s and explains its distinctive feature called gestural point choreography front driven two dimensional decorative and charming movements of the upper body and face as an example of what the author theorizes as social media dance it also explores k pop cover dance as a form of intercultural performance suggesting that by imitating and idolizing k pop dance fans are eventually fandoming themselves and their bodies presenting an ethnographic study of k pop dance and its fandom this book will be a valuable resource for students and scholars of media studies korean studies performance studies and dance

the japanese invasion and occupation of korea which lasted from 1592 to 1598 was the only occasion in japanese history when samurai aggression was turned against a foreign country during the occupation of korea the japanese built 25 wajo or castles unlike the castles built in japan these fortifications were never developed or modernized after the japanese departure the details of late 16th century castle construction are therefore better preserved than at many other sites written by stephen turnbull an expert in the subject this book examines the castles built by the japanese in korea as well as the use made of existing korean fortifications particularly city walls this resulted in curious hybrid fortifications that dominated the landscape until the japanese were pushed out of the peninsula by a furious onslaught from huge chinese armies

in the para fitness guide major sam mcgrath of the legendary parachute regiment

has collected together an inspirational series of exercises which are perfect for anyone every year getting fit and losing weight is at the top of the list of resolutions but few of us manage to stick to any kind of fitness regime what you need is a military instructor watching over your exercise programme helping you out and encouraging you along the way unfortunately we can't supply you with your own personal fitness expert but this book is the next best thing sam offers advice on how to choose a gym eat well prepare for exercise warm up and how to warm down to reduce the impact of all of those aches and pains the book also sets out six challenges for readers to aim for as they follow this programme including a 10 mile race and the grueling fan dance around the brecon beacons recession proof your fitness programme with our accompanying iphone app have major sam mcgrath as your own personal portable trainer on your mobile device the updated app now features the emperor training programme pushing your quest for fitness further with weight training with our help you can be fighting fit in time for your summer hols

compiled by acclaimed british military history andrew roberts this is a classic collection of war letters from the frontline revealing the common hopes and fears shared by soldiers across the passage of time a legacy of an empire and a nation at war love tommy is a collection of letters housed at the imperial war museum sent by british and commonwealth troops from canada australia new zealand and south africa from the front line of war to their loved ones at home poignant expressions of love hope and fear sit alongside amusing anecdotes grumbles about rations and thoughtful reflections eloquently revealing how despite the passage of time many experiences of the fighting man are shared in countless wars and battles from the muddy trenches of the somme to frozen ground of the falklands to the heat and dust of iraq these letters are the ordinary soldier's testament to life on the front line

in this latest book on the popular philosophical practice modality of logic based therapy lbt inventor and practitioner elliot d cohen develops both theory and practice of lbt within the context of accessible engaging and illustrative cases involving everyday emotions such as anxiety worry guilt anger and sadness beginning with an examination of the relationship between philosophical and psychological practice cohen shows how philosophy its methods and theories can be applied through the practice of lbt's six step method to help people confront the emotionally laden problems of everyday life with courage temperance empathy prudence and the other guiding virtues of lbt in non technical language accessible to students of philosophy and psychotherapy as well as professionals in these fields cohen artfully builds a mutually cooperative competent and compassionate

bridge between philosophical and psychological practice

written by the us army s urban warfare specialist this book is the definitive look at how urban warfare tactics have evolved providing invaluable lessons for the us and british armies of the future throughout history cities have been at the center of warfare from sieges to street fighting from peace keeping to coups de mains sun tzu admonished his readers of the art of war that the lowest realization of warfare was to attack a fortified city indeed although strategists have advised against it across the millennia armies and generals have been forced nonetheless to attack and defend cities and victory has required that they do it well in concrete hell louis dimarco has provided a masterful study of the brutal realities of urban warfare of what it means to seize and hold a city literally block by block such a study could not be more timely we live in an increasingly urbanizing world a military unprepared for urban operations is unprepared for tomorrow di marco masterfully studies the successes and failures of past battles in order to provide lessons for today s tacticians

activist and author moore takes a critical look at the savvy advertising agencies corporate marketing teams and branding experts and the techniques they use to reach a youth market

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