

McGraw-Hill Spring 2009

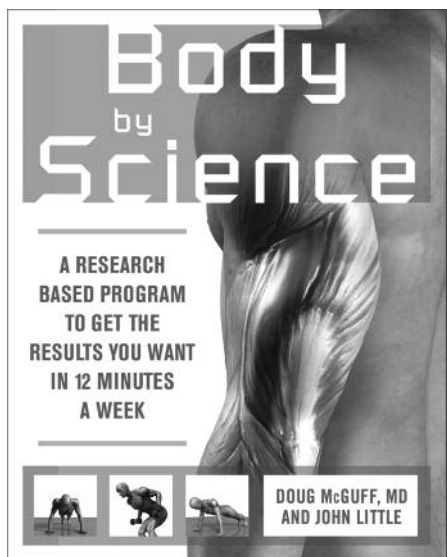
# SPORTS

A PAPERBACK ORIGINAL

# BODY BY SCIENCE

A Research Based Program to Get the Results You Want in  
12 Minutes a Week

*Doug McGuff, M.D., and John Little*



***Building muscle has never been faster or easier than with this revolutionary once-a-week training program***

In *Body By Science*, bodybuilding powerhouse John Little teams up with fitness medicine expert Dr. Doug McGuff to present a scientifically proven formula for maximizing muscle development in just 12 minutes a week. Backed by rigorous research, the authors prescribe a weekly high-intensity program for increasing strength, revving metabolism, and building muscle for a total fitness experience.

- Filled with illustrations, including detailed anatomical drawings and a color insert, that reveal how the plan works on the body's systems
- John Little's techniques have been used by more than 150,000 athletes around the world, including Arnold Schwarzenegger and six-time Mr. Olympia Dorian Yates
- Includes an authoritative appendix of references supporting each of its revolutionary claims

**Doug McGuff, M.D.** (Seneca, SC), is the proprietor of state-of-the-art personal training facility Ultimate-Exercise. He lectures on exercise science all over the world.

**John Little** (Bracebridge, Ontario, Canada) is a regular columnist for *Ironman* magazine and the innovator of three revolutionary training protocols, including Max Contraction Training.

#### Related McGraw-Hill Titles:

---

Mentzer: High Intensity Training

Paperback • \$19.95

978-0-07-138330-1 • 0-07-138330-1

## JANUARY

McGraw-Hill • *Sports/Fitness*

Paperback • 7<sup>3</sup>/<sub>8</sub> × 9<sup>1</sup>/<sub>4</sub> • 288 pp

ISBN-13: 978-0-07-159717-3

ISBN-10/MHID: 0-07-159717-4

**\$18.95**

35 diagrams, 8-page color insert

40 b&w photos • Rights: World

A PAPERBACK ORIGINAL

# CARL RUNK'S COACHING LACROSSE

Strategies, Drills, and Plays from an NCAA Tournament

Winning Coach's Playbook

*Carl Runk*

**From one of the most successful coaches in NCAA history, the only total lacrosse instructional for high-end championship play at every level**

Filled with his beloved personal style and know-how, *Carl Runk's Coaching Lacrosse* goes beyond X's and O's to give high-school and college coaches guidance for inspiring excellence in their teams. Packed with illustrations and diagrams, this handbook covers all the fundamentals and equips coaches with drills and strategies for firing up their players.

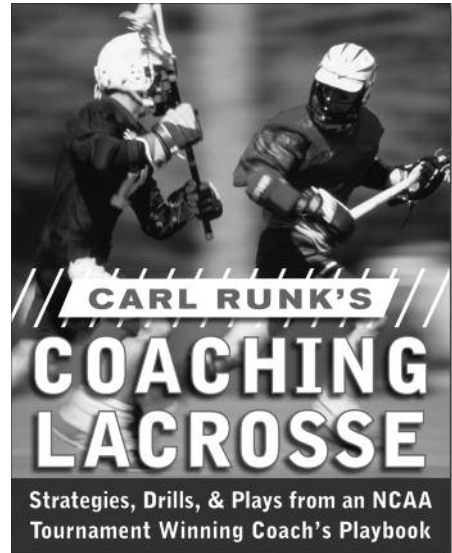
- On both the high-school and college level, Carl Runk is a revered lacrosse authority with almost 300 career wins. Five of his teams have made NCAA Division I appearances
- Lacrosse is the fastest growing high-school sport, with more than 425,000 current participants
- No other book on the market provides the tactics for strategic upper-level play found here

**Carl Runk** (Parkton, MD) won hundreds of collegiate-level victories as a head lacrosse coach at both Towson University and the University of Arizona. He currently coaches at the high school level, and he led his team to the 2004 Maryland State Championship.

## Related McGraw-Hill Titles:

Murrell: Coaching Boys' Lacrosse:  
A Baffled Parent's Guide  
Paperback • \$16.95  
978-0-07-138512-1 • 0-07-138512-6

Tucker: Coaching Girls' Lacrosse:  
A Baffled Parent's Guide  
Paperback • \$16.95  
978-0-07-141225-4 • 0-07-141225-5

**JANUARY**McGraw-Hill • *Sports/Lacrosse*Paperback • 7<sup>3</sup>/<sub>8</sub> × 9<sup>1</sup>/<sub>4</sub> • 288 pp**ISBN-13: 978-0-07-158843-0****ISBN-10/MHID: 0-07-158843-4****\$18.95**

50 images and 250 diagrams

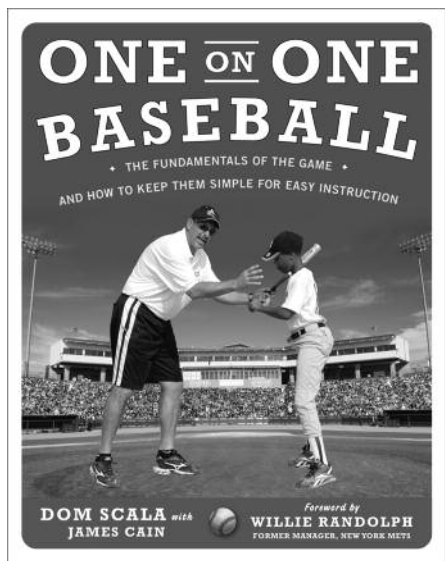
Rights: World

A PAPERBACK ORIGINAL

# ONE-ON-ONE BASEBALL

The Fundamentals of the Game and How to Keep it Simple for  
Easy Instruction

Dom Scala with James Cain



**Former New York Yankees coach Dom Scala presents an all-in-one illustrated guide to learning proper baseball fundamentals**

As a coach for the New York Yankees, Dom Scala helped the team capture an American League Championship and a World Championship. Now in *One-on-One Baseball*, Coach Scala gives players the next-best thing to attending one of his camps. He has recruited his major league friends and former players to give readers their personal tips of the trade. This easy-to-follow illustrated guide combines Scala's 30 years of experience with advice from an All-Star assortment of players and coaches to provide developing athletes with a big league one-on-one learning experience.

- Expert tips from star players and coaches, including Goose Gossage and Willie Randolph, among others
- Contains dozens of drills and skill exercises, complete with step-by-step photos
- Features a Foreword by Willie Randolph, former New York Mets manager

**Dom Scala** (Queens, NY) is the head baseball coach of Adelphi University, founder of One-on-One Baseball Camp, and a former coach for the New York Yankees.

**James Cain** (Hartford, CT) worked at the *Hartford Courant* for almost 20 years in various capacities—as a senior copy editor, news editor, and wire editor. Prior to that he was an assistant metro editor at the *Palm Beach Post* and a weekend news editor at the *St. Louis Globe-Democrat*.

## FEBRUARY

McGraw-Hill • *Sports/Baseball*

Paperback • 7<sup>3</sup>/<sub>8</sub> × 9<sup>1</sup>/<sub>4</sub> • 176 pp

ISBN-13: 978-0-07-148843-3

ISBN-10/MHID: 0-07-148843-X

\$16.95

100 photos • Rights: World

Previously announced; all backorders canceled.

### Related McGraw-Hill Titles:

Cluck: How to Hit/How to Pitch

Paperback • \$12.95

978-0-8092-3640-4 • 0-8092-3640-0

Cluck: Play Better Baseball

Paperback • \$17.95

978-0-8092-2921-5 • 0-8092-2921-8

A PAPERBACK ORIGINAL

# FAST TRACK TO SAILING

Learn to Sail in Three Days

Steve Colgate and Doris Colgate

## ***The learn-to-sail book for adult novices who are in a hurry to gain their sea legs***

At the Offshore Sailing School, the Colgates have taught more than 100,000 adults how to sail. Now they are making their proven instructional methods available to all would-be sailors with big dreams and little time. Though designed around three days of intensive instruction, the book adapts easily to any learning pace. The aspiring sailor can master the fundamentals in three days—or over a summer of leisurely sailing.

- Because of their unmatched credibility a learn-to-sail book from the Colgates will have instant cachet in the sailing world
- Building on the success of *Fast Track to Cruising* (978-0-07-140672-7 • 0-07-140672-7, 2005), this book will reach the much broader audience whose immediate goal is daysailing on local waters
- Built around an established program of instruction, it is the only learn-to-sail book with a three-day promise, and it also works for non-intensive self-study

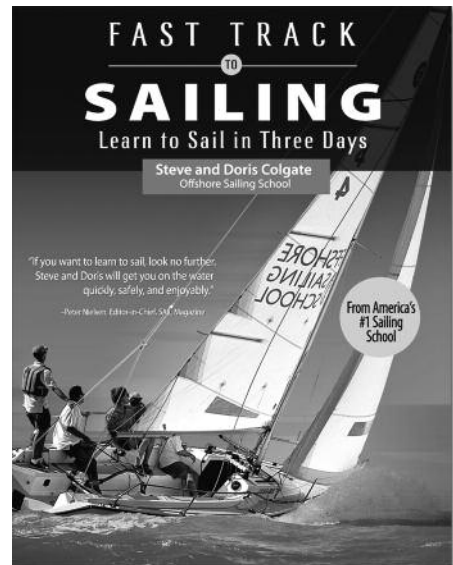
**Steve Colgate** (Ft. Myers, FL) founded the Offshore Sailing School in 1964. He has participated in two America's Cup trials, 17 Newport-Bermuda races, seven Fastnet Races, the Pan American Games, the Olympics, and six transatlantic races.

**Doris Colgate** (Ft. Myers, FL) is president and CEO of the Offshore Sailing School and founder of the National Women's Sailing Association. In 2003, US SAILING awarded the Colgates the Timothea Larr Trophy in recognition of their outstanding leadership and excellence in sailing education.

### Related McGraw-Hill Titles:

Colgate: *Fast Track to Cruising*  
Paperback • \$22.95  
978-0-07-140672-7 • 0-07-140672-7

Spurr: *Your First Sailboat*  
Paperback • \$16.95  
978-0-07-142216-1 • 0-07-142216-1



## FEBRUARY

International Marine • *Sailing*

Paperback • 8½ × 11 • 128 pp

ISBN-13: 978-0-07-161519-8

ISBN-10/MHID: 0-07-161519-9

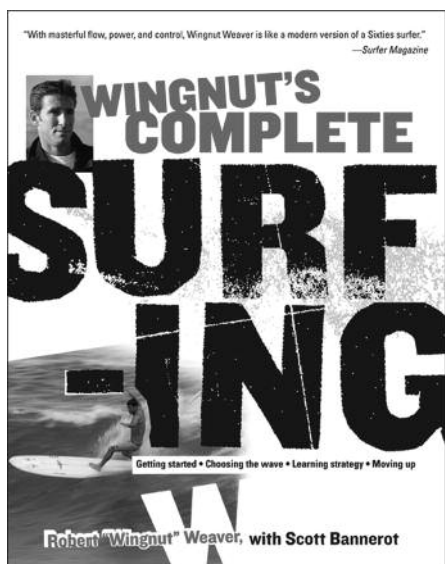
\$19.95

50 illustrations and 76 color photos

Rights: World

A PAPERBACK ORIGINAL

# WINGNUT'S COMPLETE SURFING

*Robert "Wingnut" Weaver, with Scott Bannerot*

***From a world-class expert and one of the sport's greatest legends—comes the only total guide for surfing***

Surfing is a sport that anyone can pick up and enjoy with the right instruction. Yet many how-to books fail to address crucial basics such as wave dynamics, board design and performance, and strategies for paddling out through the wave breaks. *Wingnut's Complete Surfing* covers all this and more, providing beginner and intermediate surfers of all ages with a complete guide.

- The star of "Endless Summer II," the author is a popular professional surfer and instructor and a sought-after personality for media, seminars, and contests across the globe
- Features 150 photographs and illustrations that clearly demonstrate each move.
- Covers every important area of surfing wisdom, from board skills to safety.

**Robert "Wingnut" Weaver** (Santa Cruz, CA) is a surfing icon and one of the most talented surfers in the world, with millions of dedicated fans and students.

**Scott Bannerot** (Minyama, Queensland, Australia) is an avid surfer and writer whose feature articles appear regularly in adventure magazines.

**MARCH**International Marine • *Surfing*Paperback • 7<sup>3</sup>/<sub>8</sub> × 9<sup>1</sup>/<sub>4</sub> • 224 pp

ISBN-13: 978-0-07-149706-0

ISBN-10/MHID: 0-07-149706-4

**\$18.95**

110 b&amp;w photos and 40 illustrations

Rights: World

**Related McGraw-Hill Title:**

Snyder: Fit to Surf

Paperback • \$14.95

978-0-07-141953-6 • 0-07-141953-5

A PAPERBACK ORIGINAL

# GOLFING WITH YOUR EYES CLOSED

Mastering Visualization Techniques for Exceptional Golf

*Erin Macy and Tiffany Wilding-White*

**Two sports psychologists show golfers at every level how to play their best with the power of visualization**

Champion athletes regularly use visualization techniques to prepare for competition, correct mistakes, and enhance their performance. *Golfing with Your Eyes Closed* is the only book that teaches golfers at all levels these powerful techniques. Packed with mental exercises, the book includes situation-specific imagery scripts and walks golfers through the challenges of a typical day of play.

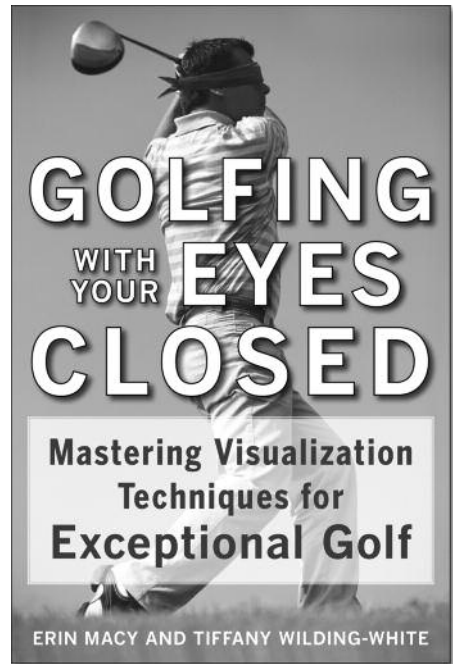
- The authors are seasoned sports psychologists and Wilding-White, a former national gymnastics champion, knows firsthand how athletes think at the highest levels
- Packed with interactive, features such as self-assessment quizzes and workbook exercises
- Includes practical tips for coaches and step-by-step instructions on creating personal imagery routines.

**Erin Macy** (Portland, OR) and **Tiffany Wilding-White** (Lenox, MA) both have masters of science in exercise and sport science, emphasizing in sport psychology. Together they regularly speak on performance enhancement at academic and athletic facilities across the country.

## Related McGraw-Hill Titles:

Mack: Mind Gym  
Paperback • \$16.95  
978-0-07-139597-7 • 0-07-139597-0

Kearns: How Lance Does It  
Hardcover • \$19.95  
978-0-07-147740-6 • 0-07-147740-3



## MARCH

McGraw-Hill • *Sports/Golf*

Paperback • 6 × 9 • 208 pp

ISBN-13: 978-0-07-161507-5

ISBN-10/MHID: 0-07-161507-5

**\$16.95**

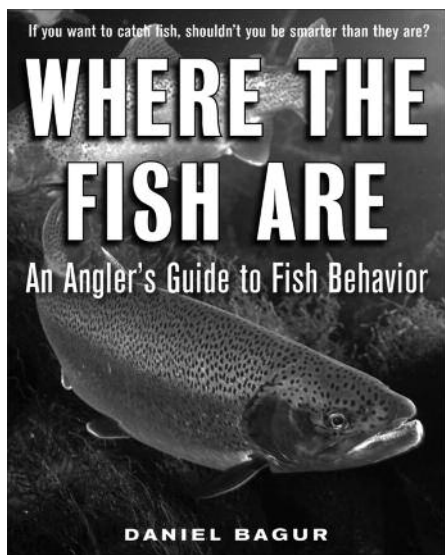
12 b&w photos

Rights: World

A PAPERBACK ORIGINAL

# WHERE THE FISH ARE

An Angler's Guide to Fish Behavior

*Daniel Bagur*

## ***More science and less art leads to bigger fish and fewer tales***

Most anglers rely on advice from fishing buddies or books by well-known but unscientific anglers. Here is a book that distills the science of fish behavior into easy-to-follow advice on how to catch fish in any situation. Describing how feeding behavior in fish changes in response to fluctuations in dissolved oxygen, turbulence, turbidity, temperature, light, noise, and other factors, Bagur advises anglers on how to respond, recommending specific flies, baits, rigs and tactics.

- Fishing books offer advice on where and how to fish but are not grounded in science. Scientific treatises explore the biology of fish behavior, but not in terms anglers can use. This book combines the best of both
- Includes explicit guidelines to help anglers catch more and bigger fish
- Nicely illustrated with the author's skillful drawings and photos

**Daniel Bagur** (England) is a marine and freshwater biologist, an avid angler, and a regular contributor to the international angling press. He works for the UK Fisheries Department, promoting angling and advising on fish behavior. He writes regular fishing columns and has published feature articles in dozens of magazines worldwide.

### **Related McGraw-Hill Titles:**

Baron: What Fish Don't Want You to Know

Paperback • \$16.95

978-0-07-141714-3 • 0-07-141714-1

Pollizotto: Saltwater Fishing Made Easy

Paperback • \$22.95

978-0-07-146722-3 • 0-07-146722-X

### **MARCH**

International Marine • *Fishing*

Paperback • 7<sup>3</sup>/<sub>8</sub> × 9<sup>1</sup>/<sub>4</sub> • 176 pp

ISBN-13: 978-0-07-159291-8

ISBN-10/MHID: 0-07-159291-1

**\$18.95**

50 b&w illustrations and 25 b&w photos

Rights: World



A PAPERBACK ORIGINAL

# MAINTAIN AND IMPROVE YOUR POWERBOAT

More Than 100 Do-It-Yourself Ways to Make Your Boat Better

*Paul Esterle*

## ***Dozens of projects to keep boats looking good and running well***

A wide-ranging projects book for powerboat owners, covering maintenance, repairs, and upgrades to improve comfort, utility, appearance, value, safety, and enjoyment of powerboats up to 35 feet long, which represent 95 percent of the market. Projects include standard maintenance like changing engine oil and preparing for winter storage; minor repairs like rebedding deck hardware; and upgrades like creating new storage and improving a boat's fuel efficiency.

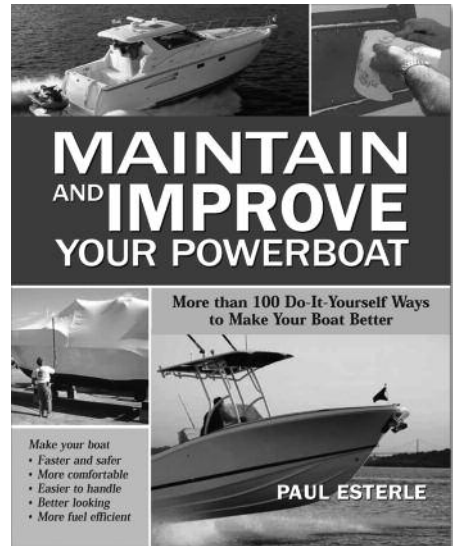
- More than 100 accessible projects for the weekend warrior
- Almost every boat owner works on his/her own boat, even those who don't work on their homes
- Powerboaters outnumber sailors by 10 to 1
- Author publishes widely on do-it-yourself projects in national and regional boating magazines

**Paul Esterle** (Newark, DE) has wide experience in the marine industry. He has built boats ranging from canoes to hovercraft, performed repairs and restorations of all types, and worked with wood, epoxy, electrical, plumbing, rigging, and engine systems. He is a regular columnist for *Small Craft Advisor* and *Nor'easter* and a regular contributor to many other publications.

### Related McGraw-Hill Titles:

Casey: 100 Fast & Easy Boat Improvements  
Paperback • \$15.95  
978-0-07-144055-4 • 0-07-144055-0

Lindsey: Quick and Easy Boat Maintenance  
Paperback • \$15.95  
978-0-07-134325-1 • 0-07-134325-3



## MARCH

International Marine • *Boating*

Paperback • 7<sup>3</sup>/<sub>8</sub> × 9<sup>1</sup>/<sub>4</sub> • 320 pp

ISBN-13: 978-0-07-154934-9

ISBN-10/MHID: 0-07-154934-X

**\$24.95**

100 illustrations and 100 b&w photos

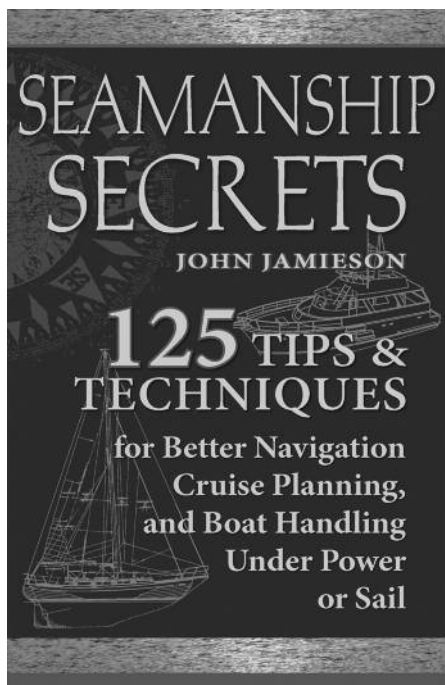
Rights: World

A PAPERBACK ORIGINAL

# SEAMANSHIP SECRETS

125 Tips and Techniques for Better Navigation, Cruise Planning, and Boat Handling Under Power or Sail

John Jamieson



## ***Sail- and powerboaters learn how to become better navigators and skippers***

These seamanship and navigation techniques are designed for maximum usefulness in the cockpits, pilot-houses, and flying bridges of sail- and powerboats. Navigation techniques range from traditional to electronic and include highly useful tips for coastal cruise planning under sail or power. Seamanship techniques include docking and maneuvering, diesel engine maintenance, nighttime and heavy-weather passagemaking, weather tracking, collision avoidance, sailing, and sail repair.

- Includes shortcut solutions that work when standard techniques fail
- Author has 23 years in the Coast Guard, is a former director in the Charles F. Chapman School of Seamanship, and delivers yachts professionally under sail and power
- Adapts core Coast Guard techniques to a recreational audience in a tip format

**John Jamieson** (Port St. Lucie, FL) is a 23-year Coast Guard veteran and former head of the Seamanship and Navigation departments at the Charles F. Chapman School of Seamanship, where he taught on-the-water techniques in a fleet of 14 power and sailing vessels. Jamieson is also a delivery skipper for power and sailing yachts.

## **MARCH**

International Marine • *Boating*

Paperback • 5½ × 8½ • 240 pp

**ISBN-13: 978-0-07-160578-6**

**ISBN-10/MHID: 0-07-160578-9**

**\$18.95**

50 line art illustrations • Rights: World

## **Related McGraw-Hill Titles:**

Siminoff: Boating 101

Paperback • \$16.95

978-0-07-134329-9 • 0-07-134329-6

Vigor: The Practical Mariner's Book of Knowledge

Paperback • \$17.95

978-0-07-067475-2 • 0-07-067475-2

A PAPERBACK ORIGINAL

# THE BLUE BOOK OF SAILING

The 27 Keys to Sailing Mastery

Adam Cort

***A helpful companion to help sailors master the basics of sailing, beginning a lifetime of adventure and enjoyment***

No other sport is as complex or as gear- and technique-intensive as sailing. The details and nuances are vast, but beneath the surface are 27 keys, or core concepts and techniques. By understanding these principles sailors can attain true mastery: tie any knot, shape any sail, take the helm of any boat, no matter how large or unfamiliar.

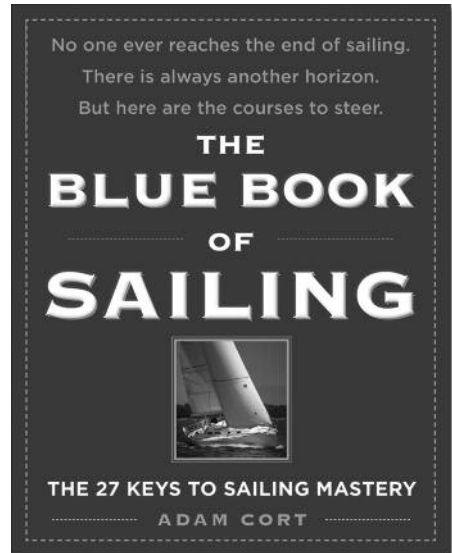
- A book for all sailors, just as *Harvey Penick's Little Red Book* (Simon & Schuster, 1999) is for all golfers
- Unique among sailing books in its focus on the whys, not the whats and hows; and in its grounding in the unchanging principles of the sport, not transitory materials and fashions
- A book that will teach something new each time a sailor rereads it

**Adam Cort** (Chicago, IL) is a sailing journalist and former editor of *Sailing* magazine. He is a lifelong sailor, longtime sailboat racer, and the author, with Richard Stearns, of *Getting Started in Sailboat Racing* (978-0-07-142400-4 • 0-07-142400-8, 2004).

## Related McGraw-Hill Titles:

Seidman: The Complete Sailor  
Paperback • \$16.95  
978-0-07-057131-0 • 0-07-057131-7

Robinson: The International Marine Book of Sailing  
Hardcover • \$39.95  
978-0-07-053225-0 • 0-07-053225-7



## MARCH

International Marine • *Sailing*Paperback • 7 $\frac{3}{8}$  × 9 $\frac{1}{4}$  • 304 pp

ISBN-13: 978-0-07-154799-4

ISBN-10/MHID: 0-07-154799-1

**\$19.95**

50 illustrations and 50 b&amp;w photos

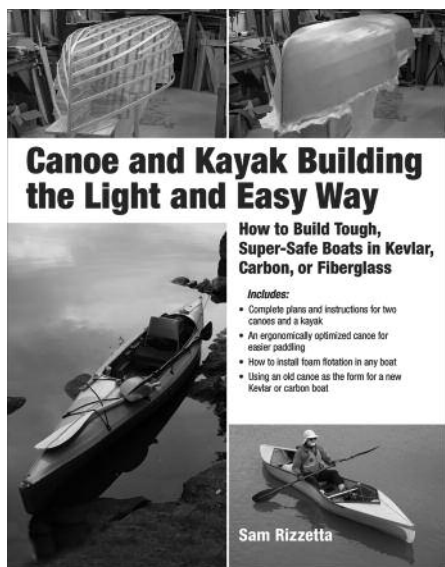
Rights: World

A PAPERBACK ORIGINAL

# CANOE AND KAYAK BUILDING THE LIGHT AND EASY WAY

How to Build Tough, Super-Safe Boats in Kevlar, Carbon, or Fiberglass

Sam Rizzetta



## *The first quick-and-easy composite construction method for canoes and kayaks*

This book is certain to appeal to any paddler with a do-it-yourself attitude. Master craftsman Sam Rizzetta presents three attractive innovations: a new building method that makes Kevlar and carbon-fiber boats cheap and feasible for hobbyists; an ergonomically designed canoe that makes paddling easier and more comfortable; and a foam-flotation installation method that makes canoes and kayaks safe and unsinkable.

- 12.6 million people went kayaking in the United States alone in 2005. Kayaking is growing faster than any other outdoor activity, and there are even more canoeists than kayakers
- Promises easier building, greater economy, and enhanced safety
- Complete building plans for two canoes and one kayak

**Sam Rizzetta** (West Virginia) is a boat designer and builder, a master luthier (a builder of stringed, fretted musical instruments), a music historian, a composites fabricator, and author. A canoeist since the age of three, he has designed and built numerous canoes and averages 1,000 miles of paddling annually. His innovative Fabric Form method of boatbuilding is an offshoot of his work in the fabrication of custom composite aeronautical components.

### Related McGraw-Hill Titles:

Schade: The Strip-Built Sea Kayak  
Paperback • \$19.95  
978-0-07-057989-7 • 0-07-057989-X

Kulczycki: The New Kayak Shop  
Paperback • \$21.95  
978-0-07-135786-9 • 0-07-135786-6

**APRIL**

International Marine

*Watersports/Boatbuilding*

Paperback • 8½ × 11 • 272 pp

**ISBN-13: 978-0-07-159735-7**

**ISBN-10/MHID: 0-07-159735-2**

**\$24.95**

63 line art illustrations and 118 b&w photos

Rights: World

The latest Tweets from Body by Science (@body\_by\_science). Official page of Body by Science. Your Ultimate Fitness Providers. Illinois, USA. You blocked @body\_by\_science. Are you sure you want to view these Tweets? Viewing Tweets won't unblock @body\_by\_science. Yes, view profile. Close. Body by Science followed. Body by Science @body\_by\_science 9 Sep 2018. More. Copy link to Tweet. What I'm getting at is that Body By Science can significantly increase strength, increase muscle mass, improve fitness, increase bone density, substantially affect appearance, slow down or even reverse some of the natural physical declines with aging, and it can do all of those things without causing injury, without leading to overtraining, without taking up much time, without leading to burnout, there. All of these concerns are more or less removed in Body By Science. That's enough hype I think.?

Body by Science explains the how and why of high intensity training, balancing enough scientific background to convey key principles and concepts without overwhelming the lay reader, and practical in-the-gym how-to. It is well organized, well researched, and well written, and an enjoyable and informative read. All in all, Body by Science is one of the best HIT books I've read in a long time, and I highly recommend it. 43 comments; add one. Viking Dan Dec 29, 2008 @ 17:07. Body by Science book. Read 129 reviews from the world's largest community for readers. Building muscle has never been faster or easier than with this rev... Start by marking "Body by Science: A Research-Based Program for Strength Training, Body Building, and Complete Fitness in 12 Minutes a Week" as Want to Read: Want to Read saving; Want to Read. At Dr. McGuff's Ultimate Exercise facility, our training approach produces results. We understand that proper exercise is a stimulus which acts on your body to demand an adaptive change. LEARN. Read the Body by Science Blog. Read More Benefits of High Intensity Exercise. Cognitive Dissonance Has a Physical Sensation My recent fascination with myokines has made me much more aware that skeletal muscles performing hard work signals for beneficial adaptations in all of the tissues of the body.