



Joseph Pilates: Der Mann, dessen Name Programm wurde (German Edition)

Eva Rincke

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Was haben unzählige Fitness-Liebhaber und Hollywoodstars gemeinsam? Sie alle schwören auf die ganzheitliche Trainingsmethode Pilates. Es ist fast 100 Jahre her, dass Joseph Pilates, ein kauziger Einwanderer aus dem Ruhrgebiet, sein erstes Studio eröffnete und die Tänzerinnen in Manhattan fit machte. Diese Biografie erzählt die ungewöhnliche Lebensgeschichte des Selfmademans, dessen Methode heute beliebter denn je ist.

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