



Women's Physical Education: Shaping Muscle & Beauty (The Natural Method)

Georges Hébert

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A historical perspective on women's fitness, the representation of the body in art through the ages, as well as societal views "shaped" the perception and appreciation of the woman's body. In this book Hébert discusses integral physical development and how it is achieved through the trifecta of health, strength and esthetic beauty. He breaks everything down through the analysis of various sections of the body, as well as references to Ancient Greece and warrior women, comparing the so-called civilized unhealthy societies vs natural, more primitive cultures not affected by certain fashions or trends.

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