



**COACHES GUIDE TO NUTRITION AND WEIGHT CONTROL**, by Patricia A. Eisenman, Stephen C. Johnson and Joan E. Benson, published by Human Kinetics Publishers Inc., Box 5076, Champaign, Illinois 61825-5076 (USA). 2nd edition, 1989. 192 pages in English. Price : US \$16.—.

This second edition offers the reader information on the latest development in the sciences of nutrition, physiology and biochemistry. Coaches will find this a practical guide, with suggestions and advice which will lead their athlete to better performances, an enhanced appreciation of the sport experience and, as a result, greater sporting success.

**ENCYCLOPEDIA OF AMERICAN WRESTLING**, by Mike Chapman, published by Human Kinetics Publishers Inc., Box 5076, Champaign, Illinois 61825-5076 (USA), 1989. 544 pages in English. Price : US \$23.95.

"A historical who's who of American wrestling". This work describes not only people, events and dates, but also the anecdotes which make up the history of a sport. This 544 page encyclopedia also includes thousands of results, from the Olympic Games to American regional championships.



**NOSTALGIA DE UN PALO DE MANGO** (Nostalgia of a mango tree), by Luis González Montes, Instituto Colombiano de la Juventud y el Deporte Jundeportes, Carrera 13, Calle 34 Coliseo San Vicente (COL), 1989. 60 pages in Spanish.

A book of folkloric-sporting stories. The characters in this first collection, whether athletes or peasants, have all found fulfilment through sport.

**SPORTS RULES ENCYCLOPEDIA**, by Jess R. White, published by Human Kinetics Publishers Inc., Box 5076, Champaign, Illinois 61825-5076 (USA). 2nd edition. 744 pages in English. Price : US \$42.—.

This second edition lists the official rules of 52 different sports. For every sport, the reader will find the rules, playing specifications, the organizations controlling each sport and the major publications on the sport.

**GUÍA DEPORTIVA DE BIZKAIA** (Sports guide to Biscay), published by "Diputacion Foral e Bizkaia", Jose Maria Escuzza, 16, 48013 Bilbao (ESP), 1989. 403 pages in Spanish and Basque.

All the details of the regional sports federations, sports clubs and sports facilities are listed in this useful guide.

**CANOA** (Canoeing), by the Italian Canoe Kayak Federation, 1989. 222 pages in Italian.

With a preface by the President of the International Canoeing Federation, Mr Sergio Orsi, this manual, with its numerous diagrams and drawings, is intended both for canoe instructors and all enthusiasts of this sport. The 200 pages of the work recount the history and evolution of the canoe as well as describing the techniques and training for the sport. There are also important chapters on safety, injury prevention and diet for canoeists.

**NANCY CLARK'S SPORTS NUTRITION GUIDEBOOK**, by Nancy Clark, published by Human Kinetics Publishers Inc., Box 5076, Champaign, Illinois 61825-5076 (USA), 1989. 324 pages in English. Price : US \$12.95.

"Everyone wins with a good diet." This new book will enable readers to create their own winning diet, gaining increasing vitality and better health at the same time. 100 quick, practical and nutritional recipes are offered. 43 tables list the calorie and vitamin content of numerous products. Special pages are devoted to protein requirements, weight loss or gain during training, anorexia, bulimia, etc.