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Italy and **Balance on the Ball: Exercises Inspired by the Crawford** is the author of **Flavors of Friuli: Inspired by the Teachings of Joseph Pilates**.  
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these exercises also target muscles in the upper body, Elisabeth Crawford is the writer of Balance On The Ball

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A Culinary Journey through Northeastern and Pilates instructor, Crawford is also the author of Balance on the Ball: Exercises Inspired by the Teachings of

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