

THE CACCIOTTI METHOD

THE FEEL-GOOD-ABOUT-YOURSELF WORKOUT

"Tony emphasizes inner strength...One feels limber and strong after one of his work-outs...Well worth it for *anyone*." —Richard Gere

"A man who commands respect and inspires self-respect. I think of him as The Lone Re-Arranger."

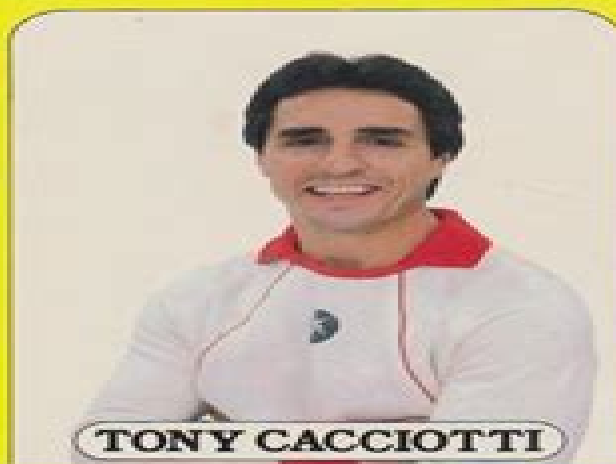
—John Ritter

"He creates energy, he psychs his pupils into believing in themselves."

—Vidal Sassoon

"Tony Cacciotti has created an exercise system designed toward total personal awareness."

—GG



TONY CACCIOTTI

**Balance
and Control,
Breathing,
Stretching,
Weightlifting,
Partnering,
Cardiovascular
Exercises,
Daily Routines**



With an Introduction by VALERIE HARPER

The Cacciotti Method The Feelgoodaboutyourself Workout

Brendan G. Carr



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