

Foundation

Eventually, you will very discover a extra experience and success by spending more cash. still when? reach you undertake that you require to acquire those all needs taking into consideration having significantly cash? Why dont you attempt to acquire something basic in the beginning? Thats something that will lead you to understand even more approximately the globe, experience, some places, as soon as history, amusement, and a lot more?

It is your definitely own time to ham it up reviewing habit. in the middle of guides you could enjoy now is **Foundation** below.

Foundation - D. G. Leahy 1996-01-01

This book presents the ontological and logical foundation of a new form of thinking, the beginning of an [absolute phenomenology.] It does so in the context of the history of thought in Europe and America. It explores the ramifications of a categorically new logic. Thinkers dealt with include Plato, Galileo, Hegel, Kierkegaard, Marx, Nietzsche, Husserl, Heidegger, Peirce, James, Dewey, Derrida, McDermott, and Altizer.

Creating a Private Foundation - Roger D. Silk 2010-05-27

Imagine all you'd like to accomplish with your philanthropy. Now picture a large portion of your resources never reaching their intended use due to poor strategies, mismanagement, or unnecessary taxes. Today the opportunities in the philanthropic sector are greater and more varied than ever. Private foundations, which offer several estate and tax-planning advantages as well as unparalleled donor control, have become the vehicle of choice for more than sixty thousand individuals and families--and may be ideal for you. *Creating a Private Foundation* introduces the issues you need to understand and gives the big picture on how foundations work. It tells you exactly what is involved for you, for the causes you care about, for your finances and taxes, and for your heirs. Chapters address the practicalities as well as the implications of founding, funding, organizing, and operating an effective foundation, including growing its endowment, allocating its assets, and selecting

professional foundation management help. Roger Silk, James Lintott, and their colleagues, leaders in the foundation consulting arena, have pooled their wisdom in this comprehensive guide for donors and your advisers. If you're looking to make a difference, there is no better guide.

Freedom and the End of Reason - Richard L. Velkley 2014-03-17

In *Freedom and the End of Reason*, Richard L. Velkley offers an influential interpretation of the central issue of Kant's philosophy and an evaluation of its position within modern philosophy's larger history. He persuasively argues that the whole of Kantianism—not merely the *Second Critique*—focuses on a “critique of practical reason” and is a response to a problem that Kant saw as intrinsic to reason itself: the teleological problem of its goodness. Reconstructing the influence of Rousseau on Kant's thought, Velkley demonstrates that the relationship between speculative philosophy and practical philosophy in Kant is far more intimate than generally has been perceived. By stressing a Rousseau-inspired notion of reason as a provider of practical ends, he is able to offer an unusually complete account of Kant's idea of moral culture.

Managing Foundations and Charitable Trusts - Roger D. Silk 2011-08-09

The insider's guide to charitable organizations for donors and their advisers Do you know when to use a private foundation, a donor-advised

fund, or a charitable remainder trust or other charitable vehicle? Do you know the different tax benefits, limitations, and control rules for each alternative? Do you have an appropriate investment policy for your endowed charities? Do you have a rubric for avoiding fraud? Do you know what to look for to make sure that your charitable donations don't do the opposite of what you intend? In *Managing Foundations and Charitable Trusts*, Roger D. Silk and James W. Lintott provide a comprehensive guide for charitable donors and their advisers. Additional topics include: Foundation Governance When to seek additional professional help When and how to turn a CRT interest into cash Key tax issues Creating a legacy Why tax planning is so difficult, and how to approach it Straightforward and authoritative, *Managing Foundations and Charitable Trusts* is a handy, easy-to-read guide that all donors and their advisers will want to keep on hand.

Foundation: B-boys, B-girls and Hip-Hop Culture in New York -

Joseph G. Schloss 2009-03-05

B-boying is a form of Afro-diasporic competitive dance that developed in the Bronx, NY in the early 1970s. Widely - though incorrectly - known as "breakdancing," it is often dismissed as a form of urban acrobatics set to music. In reality, however, b-boying is a deeply traditional and profoundly expressive art form that has been passed down from teacher to student for almost four decades. *Foundation: B-boys, B-girls and Hip-Hop Culture in New York* offers the first serious study of b-boying as both unique dance form and a manifestation of the most fundamental principles of hip-hop culture. Drawing on anthropological and historical research, interviews and personal experience as a student of the dance, Joseph Schloss presents a nuanced picture of b-boying and its social context. From the dance's distinctive musical repertoire and traditional educational approaches to its complex stylistic principles and secret battle strategies, *Foundation* illuminates a previously unexamined thread in the complex tapestry that is contemporary hip-hop.

Foundation - Mercedes Lackey 2009-10-06

In this chronicle of the early history of Valdemar, a thirteen-year-old orphan named Magpie escapes a life of slavery in the gem mines when

he is chosen by one of the magical Companion horses of Valdemar to be trained as a Herald. Thrust into the center of a legend in the making, Magpie discovers talents he never knew he had and witnesses the founding of the great Heralds' Collegium.

Psyche and Matter - Marie-Louise Von Franz 2001-05-01

Twelve essays by the distinguished analyst Marie-Louise von Franz—five of them appearing in English for the first time—discuss synchronicity, number and time, and contemporary areas of rapprochement between the natural sciences and analytical psychology with regard to the relationship between mind and matter. This last question is among the most crucial today for fields as varied as microphysics, psychosomatic medicine, biology, quantum physics, and depth psychology.

OneStream Foundation Handbook - The Architect Factory 2021-03-30

In this practical guide, The Architect Factory team at OneStream Software explains each part of a OneStream implementation, and the design of solutions.

Follow the Money - Sarah Reckhow 2012-12-27

Some of the nation's wealthiest philanthropic organizations, including the Bill and Melinda Gates Foundation, the Walton Family Foundation, and the Broad Foundation, have invested hundreds of millions of dollars in education reform. With vast wealth and a political agenda, these foundations have helped to reshape the reform landscape in urban education. In *Follow the Money*, Sarah Reckhow shows where and how foundation investment in education is occurring and provides a penetrating analysis of the effects of these investments in the two largest urban districts in the United States: New York City and Los Angeles. In New York City, centralized political control and the use of private resources have enabled rapid implementation of reform proposals. Yet this potent combination of top-down authority and outside funding also poses serious questions about transparency, responsiveness, and democratic accountability in New York. Furthermore, the sustainability of reform policies is closely linked to the political fortunes of the current mayor and his chosen school leader. While the media has highlighted the efforts of forceful reformers and dominating leaders such as Joel Klein in

New York City and Michelle Rhee in Washington, D.C., a slower, but possibly more transformative, set of reforms have been taking place in Los Angeles. These reforms were also funded and shaped by major foundations, but they work from the bottom up, through charter school operators managing networks of schools. This strategy has built grassroots political momentum and demand for reform in Los Angeles that is unmatched in New York City and other districts with mayoral control. Reckhow's study of Los Angeles's education system shows how democratically responsive urban school reform could occur-pairing foundation investment with broad grassroots involvement. Bringing a sharp analytical eye and a wealth of evidence to one of the most politicized issues of our day, *Follow the Money* will reshape our thinking about educational reform in America.

Foundation and Earth - Isaac Asimov 2016-10-20

The epic story of the Foundation is one of the great classics of science fiction by the Grand Master of the genre. Isaac Asimov's legendary saga, winner of the Hugo Award for Best All-Time Novel Series, has enthralled generations of readers - and continues to amaze. All records of Earth have been removed systematically from the libraries of Foundation worlds. Now Councilman Golan Trevize and Professor Janov Pelorat traverse the galaxy in search of humanity's ancestral planet. On worlds beyond the Foundation's influence, superstition and taboo shroud the subject of their quest. To name Earth is to utter an obscenity. Fortunately, the space travellers find allies - and Pelorat finds a lover named Bliss - among the telepaths of the planet Gaia. As they near their destination, Bliss picks up thought waves of intelligent beings. What she cannot tell is whether or not those beings are human.

Foundation Flash Cartoon Animation - Barry Kelly 2007-11-28

Whether you are an experienced Flash designer or developer looking for a guide to doing animation in Flash, or a novice to Flash who is looking for an effective way to create and distribute animations, this book will prove invaluable to you. Covering every aspect of Flash animation, the book is a fast-paced yet thorough review of the Flash animation process. Written by the Emmy Award-winning team at ANIMAX, this book not only

reveals the step-by-step process followed by one of today's leading Flash animation studios, but also give you valuable tips and tricks to take your Flash animation to the next level. Divided into three phases of production (pre-production, animation, post-production) this book breaks the Flash animation process into smaller, more manageable steps. And because the authors approach the animation process from various perspectives (such as producer, animator, and editor) the book balances many of the real-world issues facing today's Flash animators, from artistic to technical to financial. The book starts off by looking at planning and designing an animation project, including working out your goals, and putting together character libraries and storyboards. Next up we look at the production phase, which includes using plug-ins to make your work more efficient, implementing your animation, and adding special effects. Finally, we look at post-production work, including how After Effects can be used effectively alongside Flash for tasks such as camera mechanics, how to make Flash not look like Flash, and tips and tricks from the experts. Whatever the reason, like millions of others around the world you've become interested in Flash animation. And you've come to the right place to learn more. This book is compatible with pretty much any fairly recent version of Flash. Covers the full process of Flash animation, through preproduction, production, and post production Covers many practical techniques, including creating character libraries, using plugins, and camera mechanics with After Effects Written by the Emmy Award-winning ANIMAX studios team

Foundation - Isaac Asimov 2016-09-19

The first volume in Isaac Asimov's world-famous saga, winner of the Hugo Award for Best All-Time Novel Series. Long after Earth was forgotten, a peaceful and unified galaxy took shape, an Empire governed from the majestic city-planet of Trantor. The system worked, and grew, for countless generations. Everyone believed it would work forever. Everyone except Hari Seldon. As the great scientific thinker of his age Seldon could not be ignored. Reluctantly, the Commission of Public Safety agreed to finance the Seldon Plan. The coming disaster was predicted by Seldon's advances in psychohistory, the mathematics of

very large human numbers, and it could not be averted. The Empire was doomed. Soon Trantor would lie in ruins. Chaos would overtake humanity. But the Seldon Plan was a long term strategy to minimize the worst of what was to come. Two Foundations were set up at opposite ends of the galaxy. Of the Second nothing can be told. It guards the secrets of psychohistory. FOUNDATION is the story of the First Foundation, on the remote planet of Terminus, from which those secrets were withheld.

Bulletin of the Carnegie Foundation for the Advancement of Teaching ... - Carnegie Foundation for the Advancement of Teaching 1916

Chesapeake Oysters: The Bay's Foundation and Future - Kate Livie 2015 Chesapeake oysters are part of the legacy of the area, history on the half-shell. Read of their beginning (foot-long bivalves!) through cultivation today. The eastern oyster, the humble bivalve and delicious treat, are the living bones of the Chesapeake, as well as the ecological and historical lifeblood of the region. When colonists first sailed these impossibly abundant shores, they described massive shoals of foot-long oysters but the bottomless appetite of the Gilded Age and great fleets of skipjacks took their toll. Disease, environmental pressures and overconsumption decimated the population by the end of the twentieth century. While Virginia turned to bottom-leasing, passionate debate continues in Maryland among scientists and oystermen whether aquaculture or wild harvesting is the better way forward. Today, boutique oyster farming in the Bay is sustainably meeting the culinary demand of a new generation of connoisseurs. With careful research and interviews with experts, author Kate Livie presents this dynamic story and a glimpse of what the future may hold.

Playing with Things - Mary Weismantel 2021-08-17

More than a thousand years ago on the north coast of Peru, Indigenous Moche artists created a large and significant corpus of sexually explicit ceramic works of art. They depicted a diversity of sex organs and sex acts, and an array of solitary and interconnected human and nonhuman bodies. To the modern eye, these Moche "sex pots," as Mary Weismantel

calls them, are lively and provocative but also enigmatic creations whose import to their original owners seems impossible to grasp. In *Playing with Things*, Weismantel shows that there is much to be learned from these ancient artifacts, not merely as inert objects from a long-dead past but as vibrant Indigenous things, alive in their own inhuman temporality. From a new materialist perspective, she fills the gaps left by other analyses of the sex pots in pre-Columbian studies, where sexuality remains marginalized, and in sexuality studies, where non-Western art is largely absent. Taking a decolonial approach toward an archaeology of sexuality and breaking with long-dominant iconographic traditions, this book explores how the pots "play jokes," "make babies," "give power," and "hold water," considering the sex pots as actual ceramic bodies that interact with fleshly bodies, now and in the ancient past. A beautifully written study that will be welcomed by students as well as specialists, *Playing with Things* is a model for archaeological and art historical engagement with the liberating power of queer theory and Indigenous studies.

Brainscapes - Rebecca Schwarzlose 2021

A path-breaking journey into the brain, showing how perception, thought, and action are products of "maps" etched into your gray matter - and how technology can use them to read your mind.

The Judith Rothschild Foundation Contemporary Drawings Collection - Christian Rattemeyer 2009

Published in conjunction with the exhibition *Compass in hand* (Museum of Modern Art, New York, Apr. 22-July 27, 2009).

A Firm Foundation - David H. Peterson 2008-02

Dr. Peterson seeks to lay a firm foundation for the believer's faith by giving him a good understanding of truths essential for the Christian life through clear biblical teaching and practical examples. (Christian)

Foundation Resource Guide - United States. Department of Housing and Urban Development. Office of University Partnerships 1998

Foundation Sanskrit - David Hodgkinson 2000

National Foundation for Social Sciences - United States. Congress. Senate. Committee on Government Operations. Subcommittee on Government Research 1967

Foundation's Edge - Isaac Asimov 2008-06-26

Interplanetary intrigue, hyperspace pursuit, and future technology combine with a desperate search for the planet Earth

Foundation's Edge - Isaac Asimov 1991-10-01

The fourth novel in Isaac Asimov's classic science-fiction masterpiece, the Foundation series THE EPIC SAGA THAT INSPIRED THE APPLE TV+ SERIES FOUNDATION At last, the costly and bitter war between the two Foundations has come to an end. The scientists of the First Foundation have proved victorious, and now they return to Hari Seldon's long established plan to build a new Empire on the ruins of the old. But rumors persist that the Second Foundation is not destroyed after all—and that its still-defiant survivors are preparing their revenge. Now two exiled citizens of the Foundation—a renegade Councilman and a doddering historian—set out in search of the mythical planet Earth . . . and proof that the Second Foundation still exists. Meanwhile someone—or something—outside of both Foundations seems to be orchestrating events to suit its own ominous purpose. Soon representatives of both the First and Second Foundations will find themselves racing toward a mysterious world called Gaia and a final, shocking destiny at the very end of the universe.

The Incarnation of God - John Clark 2015-03-31

It's the defining reality of all existence, the central fact of human history, and the heart of the Christian faith: God became a man and lived among us. More than just part of the Christmas story, the doctrine of the incarnation radically affects our understanding of God, humanity, life, death, and salvation. In *The Incarnation of God*, theology professors John Clark and Marcus Johnson explore this foundational Christian confession, examining its implications for the church's knowledge and worship of God. Grounded in Scripture and informed by church history, this book will help Christians rediscover the inestimable significance of the truth

that the Son of God became what we are without ceasing to be the eternal God—the greatest mystery of the universe.

Genesis - Mike Mazzalongo

Mike covers all 50 chapters of Genesis. From creation to the flood and on to Abraham finishing with Joseph in Egypt. A complete study of the first book in the Bible.

Foundation - Isaac Asimov 2004-06-01

The first novel in Isaac Asimov's classic science-fiction masterpiece, the Foundation series THE EPIC SAGA THAT INSPIRED THE APPLE TV+ SERIES FOUNDATION, NOW STREAMING • Nominated as one of America's best-loved novels by PBS's The Great American Read For twelve thousand years the Galactic Empire has ruled supreme. Now it is dying. But only Hari Seldon, creator of the revolutionary science of psychohistory, can see into the future—to a dark age of ignorance, barbarism, and warfare that will last thirty thousand years. To preserve knowledge and save humankind, Seldon gathers the best minds in the Empire—both scientists and scholars—and brings them to a bleak planet at the edge of the galaxy to serve as a beacon of hope for future generations. He calls his sanctuary the Foundation. The Foundation novels of Isaac Asimov are among the most influential in the history of science fiction, celebrated for their unique blend of breathtaking action, daring ideas, and extensive worldbuilding. In *Foundation*, Asimov has written a timely and timeless novel of the best—and worst—that lies in humanity, and the power of even a few courageous souls to shine a light in a universe of darkness.

Prelude to Foundation - Isaac Asimov 1989-03-01

The first of two prequel novels in Isaac Asimov's classic science-fiction masterpiece, the Foundation series THE EPIC SAGA THAT INSPIRED THE APPLE TV+ SERIES FOUNDATION It is the year 12,020 G.E. and Emperor Cleon I sits uneasily on the Imperial throne of Trantor. Here in the great multidomed capital of the Galactic Empire, forty billion people have created a civilization of unimaginable technological and cultural complexity. Yet Cleon knows there are those who would see him fall—those whom he would destroy if only he could read the future. Hari

Seldon has come to Trantor to deliver his paper on psychohistory, his remarkable theory of prediction. Little does the young Outworld mathematician know that he has already sealed his fate and the fate of humanity. For Hari possesses the prophetic power that makes him the most wanted man in the Empire . . . the man who holds the key to the future—an apocalyptic power to be known forever after as the Foundation.

Restraint - Barry R. Posen 2015-07-17

The United States, Barry R. Posen argues in *Restraint*, has grown incapable of moderating its ambitions in international politics. Since the collapse of Soviet power, it has pursued a grand strategy that he calls “liberal hegemony,” one that Posen sees as unnecessary, counterproductive, costly, and wasteful. Written for policymakers and observers alike, *Restraint* explains precisely why this grand strategy works poorly and then provides a carefully designed alternative grand strategy and an associated military strategy and force structure. In contrast to the failures and unexpected problems that have stemmed from America’s consistent overreaching, Posen makes an urgent argument for restraint in the future use of U.S. military strength. After setting out the political implications of restraint as a guiding principle, Posen sketches the appropriate military forces and posture that would support such a strategy. He works with a deliberately constrained notion of grand strategy and, even more important, of national security (which he defines as including sovereignty, territorial integrity, power position, and safety). His alternative for military strategy, which Posen calls “command of the commons,” focuses on protecting U.S. global access through naval, air, and space power, while freeing the United States from most of the relationships that require the permanent stationing of U.S. forces overseas.

Foundation HTML5 Canvas - Rob Hawkes 2011-09-20

Foundation HTML5 Canvas: For Games and Entertainment teaches you how to make exciting interactive games and applications using HTML5 canvas. Canvas lets you produce graphics, animations, and applications using the HTML5 and JavaScript web standards. It allows you to draw

directly within the browser without the need for third-party plugins like Adobe Flash, and so canvas works perfectly across desktop and mobile devices, like the iPhone and Android. *Foundation HTML5 Canvas* begins by introducing you to HTML5 and the cool new features that it opens up for you. You are then offered a quick guide to JavaScript programming to get you up to speed. Next up you’ll receive a thorough introduction to the canvas element, which teaches you how to draw objects within the browser with great ease. Once the basics are covered you’ll move on to the more advanced features of canvas, including image and video manipulation. You’ll also learn how to create realistic animations with the help of some basic physics. *Foundation HTML5 Canvas* then teaches you how to create two thrilling space-based games using all the skills you’ve learned so far. You’ll find plenty of code examples and illustrations designed to help you understand even the most complex of topics. HTML5 is already here for you, and this book will provide you with all the information you need to enjoy the show. For more information, source code, and the latest blog posts from author Rob Hawkes, visit <http://rawkes.com/foundationcanvas>.

These Are Our Bodies, Foundation Book - Leslie Choplin 2016-08
Sexuality and faith—formation for a lifetime

[Foundations of Signal Processing](#) - Martin Vetterli 2014-09-04

This comprehensive and accessible textbook introduces students to the basics of modern signal processing techniques.

[Second Foundation](#) - Isaac Asimov 2016-04-21

When the First Foundation was conquered by a force Seldon had not foreseen - the overwhelming power of a single individual, a mutant called the Mule - the second Foundation was forced to reveal its existence and, infinitely worse, a portion of its power. One man understood the shifting patterns of the inhabited cosmos. This was Hari Seldon, the last great scientist of the First Empire. The mathematics of psychohistory enabled Seldon to predict the collapse of the Empire and the onset of an era of chaos and war. To restore civilization in the shortest possible time, Seldon set up two Foundations. The First was established on Terminus in the full daylight of publicity. But the Second, "at the other end of the

galaxy", took shape behind a veil of total silence. Because the Second Foundation guards the laws of psychohistory, which are valid only so long as they remain secret. So far the second Foundation's location, its most closely guarded secret of all, has been kept hidden. The Mule and the remnants of the First Foundation will do anything to discover it. This is the story of the Second Foundation.

Concrete Mathematics - Ronald L. Graham 1994

This book, updated and improved, introduces the mathematics that support advanced computer programming and the analysis of algorithms. The book's primary aim is to provide a solid and relevant base of mathematical skills. It is an indispensable text and reference for computer scientists and serious programmers in virtually every discipline.

Bulletin of the Russell Sage Foundation Library - Russell Sage Foundation. Library 1926

Jump Start Foundation - Syed Fazle Rahman 2015-08-03

Get a Jump Start on building applications with Foundation today! Developed by Zurb, Foundation is a hugely popular CSS framework that's making the once-arduous process of crafting responsive web designs a breeze! Foundation was the first open-source front-end framework to be responsive, the first to be semantic, as well as the first to take a mobile-first approach. Read this book and discover why Foundation is fast becoming a favorite tool of top web designers. In just one weekend with this hands-on tutorial, you'll learn how to: Integrate Foundation into your projects Understand the basic Foundation template Utilize Foundation's impressive array of built-in components Work with Foundation's grid Customize Foundation to work with any project And much more!

Pen Turning: a Foundation Course - Kip Christensen 2018-09-06

Pens are among the most popular projects for woodturners. Being small, they are relatively quick to make and they don't use a lot of wood, making them perfect for beginners and experts alike. Whether you are just beginning to dabble with turning pens or you have been creating

them for years, *Pen Turning: A Foundation Course* is the best resource to help you sharpen your skills and guide you forward in the craft. Includes instructions on a number of popular pen styles, including slim line pens, KC twist pens, a single-barrel bullet pen, and a classical style pen includes a review of a number of different materials, including stabilized burl, exotic hardwoods, antler, and even plastics includes techniques from cutting blanks to gluing, decorating, sanding, and assembly

The Awakening Mind - Tashi Tsering 2008-08-05

This new addition to the author's Foundation of Buddhist Thought series, based on his popular courses, continues his mission to create a simple, systematic introduction to Buddhist philosophy and practice. This volume explores the importance of compassion in our lives and the traditional techniques for developing bodhichitta, or "the mind of enlightenment," which aspires to buddhahood in order to liberate all beings from suffering. Topics include the seven-point cause-and-effect method for developing bodhichitta, the practice of exchanging oneself for others, and the ten deeds of a bodhisattva.

Compass in Hand - Christian Rattemeyer 2009

Compass in Hand brings together approximately 250 works from the Judith Rothschild Foundations extraordinary gift of drawings to The Museum of Modern Art, in 2005. Formed by Harvey S. Shipley Miller, the Foundations trustee, the collection comprises over 2,500 works on paper by more than 650 artists and was conceived to be the widest possible cross-section of contemporary drawing made primarily within the past twenty years. An extended essay by Christian Rattemeyer highlights the primary curatorial concepts and categories of the collection and a conversation between Harvey S. Shipley Miller and Gary Garrels, former Chief Curator of the Department of Drawings at MoMA, recounts the objectives and processes through which the collection was originally formed, providing a unique panorama on the state of drawing today.

Solid Foundation - Prayer Connect 2012-03

A practical tool to help you both understand the power of praying Scripture and learn to pray God's Word over the daily situations you and your loved ones face. This 4" x 6", 48-page booklet includes most of the

text of the theme section of Issue 3 of Prayer Connect Magazine. It was put in this format to be an inexpensive, easy-to-use product to help thousands learn to pray more in line with God's will for their lives.

Foundation - Eric Goodman 2011-05-10

A sense of fatigue dogs the fitness world. Many of the new programs that are tagged as groundbreaking are actually recycled ideas. Foundation offers something completely different for novices and athletes alike: a simple program with powerful and proven results that will remedy bad posture, alleviate back pain, and help readers break through fitness challenges and plateaus. Dr. Eric Goodman, a brilliant and dynamic young chiropractor, teams up with Peter Park, one of the top trainers in

the United States, to radically redefine the core--shifting the focus from the front of the body to the back. Their groundbreaking approach works to strengthen the lower back and the full posterior chain and correct poor movement patterns by addressing mechanical imbalances and weaknesses. Foundation training involves simple movement patterns and is equipment free, creating maximum power, flexibility, and endurance. Word-of-mouth enthusiasm has inspired both Hollywood luminaries and world-class athletes to make Foundation training the core of their fitness programs. Eric and Peter's client list has grown exponentially to include Lance Armstrong, NBA star Derek Fisher, world-champion surfer Kelly Slater, and actor Matthew McConaughey.