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Rebound exercise is the most efficient, Jump for Joy, James R. White, Ph.D. (1984), pp. 2, 6. Journal of Applied Physiology 49(5): 881-887, 1980.

Rebounding to prevent and reverse osteoporosis :

while rebounding is a safe and effective exercise that protects against osteoporosis. Jump for Joy, James R. White, drugs, rebound exercise,

Jump for joy, and 1 other song, god said no, life

Jump for joy, and 1 other song, God said no, Life songs the rebounding exercise book / James R. White, with Lan Barnes. Imprint: New York : Arco Pub., c1984.

Education - irebounder.com

The Miracles of Rebound Exercise, Jump for Joy, published, 1981, UCSD Press, La Jolla, CA, James R. White, PhD.

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