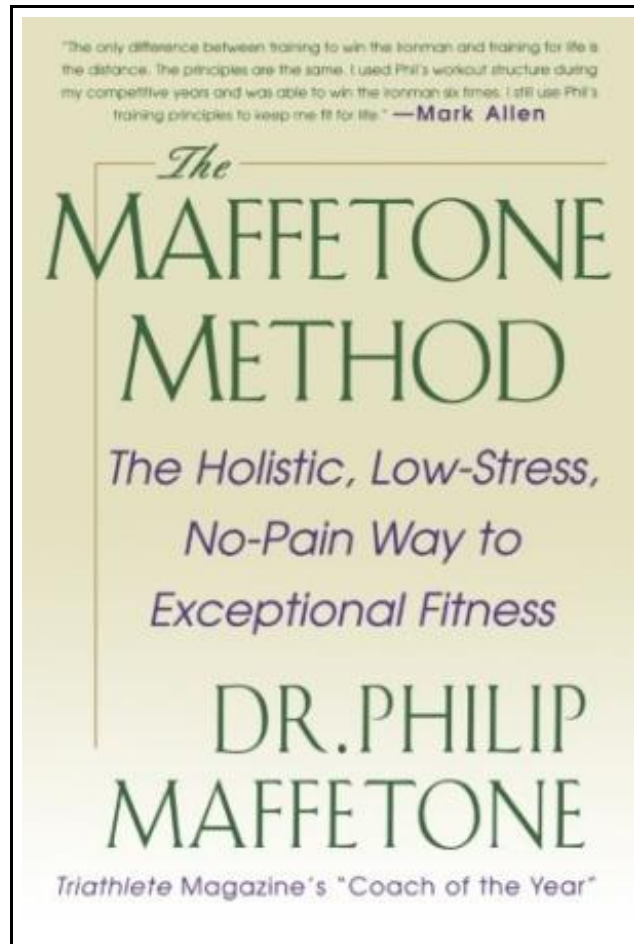


The Maffetone Method: The Holistic, Low-stress, No-pain Way to Exceptional Fitness



Filesize: 8.88 MB

Reviews

Here is the best publication i have got go through until now. It is actually writter in simple phrases and never hard to understand. I realized this publication from my dad and i suggested this ebook to find out.

(Lorena White)

THE MAFFETONE METHOD: THE HOLISTIC, LOW-STRESS, NO-PAIN WAY TO EXCEPTIONAL FITNESS



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McGraw-Hill Education - Europe. Paperback. Book Condition: new. BRAND NEW, The Maffetone Method: The Holistic, Low-stress, No-pain Way to Exceptional Fitness, Philip Maffetone, "The Maffetone Method" will show you how simple it can be to feel good again. Here's what people have said about Philip Maffetone's approach to health and fitness: 'Dr. Maffetone's system goes beyond dealing with symptoms; he looks at health and fitness as an integrated balance. He deals with the whole picture clearly and directly. Fascinating and illuminating - and I feel great!' - James Taylor, singer, recording artist. 'I appreciate your contribution to both my own physical health and to others' - Anthony Robbins, best-selling author. 'A sensible and balanced approach to better fitness and health' - Kent Johnston, strength and conditioning coach, Green Bay Packers Eclectic, insightful, inspirational - doctor and coach. Philip Maffetone has helped some of the world's premier athletes achieve astonishing results. But he's equally interested in the athlete inside each of us. In "The Maffetone Method", he destroys the "no pain, no gain" training myth and introduces a revolutionary fitness program that not only engenders peak performance but can help you enjoy the most vibrant health of your life. Clearly, simply, and sensibly, Dr. Maffetone explains the benefits of aerobic fitness, proper nutrition, stress reduction, and even choosing the right exercise shoes (expensive is not better!).



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