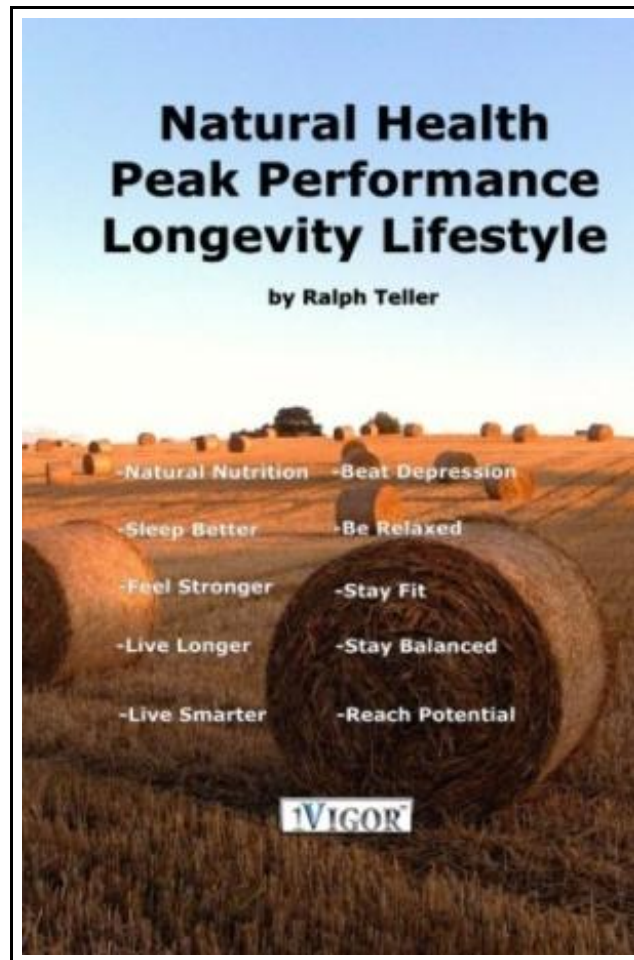


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Ivigor, Incorporated, United States, 2010. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.This book is about how to naturally achieve optimum health, how to live a high quality and long life, and if an athlete, how to achieve peak performance. The book has a focus on athletic performance because the road to athletic excellence and physical, mental and emotional peak performance is very similar to the path of optimal health and longevity. The lifestyle that leads to a longer, better quality life is the same lifestyle athletes need to follow to reach their ambitions. There is an art to living. Plato used the expression *techné tou biou* which means the craft of life which refers to the art of crafting and shaping life. It is an art that has been somewhat lost by our modern culture. Modern culture's lifestyle is contributing to high blood pressure, type 2 diabetes, obesity, depression, lack of regular good sleep, chronic fatigue, etc. which underlie many of modern life's sickness and diseases. This book, in part, hopes to impart an appreciation of the need to get back to the basics - the need to live a natural life. The book covers the key ingredients to a long quality life, which include natural nutrition, exercise, strong nerve force and brain power all within a simple lifestyle. I also hope to provide athletes with a larger picture of how they can naturally achieve their athletic goals and mesh those goals with the longer term goals of longevity. As maintaining a regular vigorous exercise routine helps us maintain a high and efficient metabolism, to encourage you to engage in the aerobic sports, I provide safety tips and tips on ideal technique for hiking, running, swimming,...



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