



The Everything Running Book: The ultimate guide to injury-free running for fitness and competition

(Everything®)

Art Liberman, Randy Brown DPT

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Running can help you lose weight, create a healthy body image, and boost your self-esteem. No matter your fitness level, you too can enjoy the benefits of this sport! With this book, you'll gain the knowledge and tools you need to run a 10K, a marathon, or just a lap around the block!

The new edition includes:

- Cutting-edge information on hugely influential trends in natural running, including ChiRunning, barefoot running, and cross-training with yoga and meditation
- Information on how to select the right gear and manage your nutrition, including details on new diets favored by endurance athletes
- A dedicated section on running for women, including specific nutritional and physical concerns

Whether you're a beginner or a seasoned veteran, this book has everything you need to maximize your running potential--from start to finish!

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