

# The Athlete's Way



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""The Athlete's Way" is amazingly informative and complete with a program to get and keep you off the couch. Bravo, for another exercising zealot who has written a book that should be read on your elliptical or stationary bike. He pushed me to go farther on a sleepy Sunday."- John J. Ratey, M.D., author of "Spark: The Revolutionary New Science in Exercise" and the Brain, and co-author of "Driven to Distraction""

作者介绍:

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