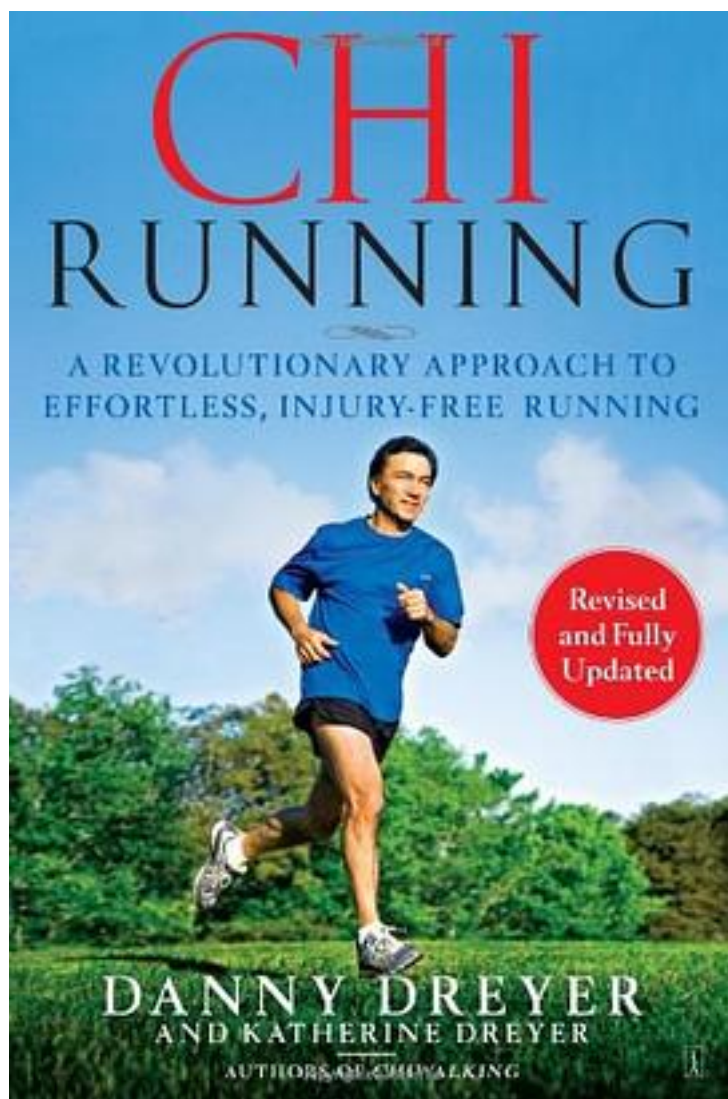


ChiRunning



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著者:Danny Dreyer

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Imagine running like a child once again?effortless, free, boundlessly energetic, without injury or soreness. Ultramarathoner Danny Dreyer combines the wisdom of Tai Chi with the insights of a champion runner to present ChiRunning, a step-by-step audio program adapted from his popular book (Fireside, 2004) to help beginner, intermediate, or professional runners alike access their own childlike stamina and ease-of-motion. Running is immensely popular, but more than 16 million are injured each year doing just that. "It doesn't have to be that way," explains Danny Dreyer. "Running can and should be healthy, energizing, and good for your entire body." With ChiRunning, he invites us to learn how to: Tap into chi energy to shorten or eliminate your post-run recovery from days to hours, and dramatically decrease your risk of injury. Never again suffer from knee pain or shin splints Make running any distance possible and enjoyable, from 5Ks to 50-mile-plus ultra-marathons. Featuring a guided CD to take with you on your next run, ChiRunning will show you how to make posture, breathing, mindfulness, and relaxation a natural part of your routine.

作者介绍:

目录:

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