

The book was found

Play On: The New Science Of Elite Performance At Any Age



Synopsis

A lively, thoroughly researched tour of the latest in fitness science and technology, and the strategies of elite and amateur athletes who are performing at peak levels for decades longer than before

Book Information

Hardcover: 288 pages

Publisher: Houghton Mifflin Harcourt (May 1, 2018)

Language: English

ISBN-10: 054480998X

ISBN-13: 978-0544809987

Product Dimensions: 6 x 9 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #2,528,032 in Books (See Top 100 in Books) #53 in Books > Engineering & Transportation > Engineering > Reference > Research #193 in Books > Health, Fitness & Dieting > Sports Health & Safety #4641 in Books > Science & Math > Biological Sciences > Anatomy

Customer Reviews

JEFF BERCOVICI is a journalist, sports fan, and athlete, very much in that order. He is currently the San Francisco bureau chief for Inc., covering tech and entrepreneurship, and a former senior editor and writer at Forbes, where he reported from the Green Bay Packers' training camp. He was a finalist for the 2013 Mirror Award, and has also written for Playboy, GQ, Details, Glamour, and the New York Times.

[Download to continue reading...](#)

Play On: The New Science of Elite Performance at Any Age Fluent in 3 Months: How Anyone at Any Age Can Learn to Speak Any Language from Anywhere in the World Elite: Tales from the Frontier: Elite: Dangerous, Book 7 Pedigree: How Elite Students Get Elite Jobs The SharpBrains Guide to Brain Fitness: How to Optimize Brain Health and Performance at Any Age The New Science of Perfect Skin: Understanding Skin Care Myths and Miracles For Radiant Skin at Any Age Guitar Zero: The Science of Becoming Musical at Any Age How to Play the Recorder: A Basic Method for Learning to Play the Recorder and Read Music Through the Use of Folk, Classical, and Familiar

Songs (Handy Guide) (How to Play Series) How to Play Banjo : A Complete Banjo Course for the Beginner That Is Easy and Fun to Play (Handy Guide) (How to Play Series) Ultimate Bass Play-Along Rush: Play Along with 6 Great Demonstration Tracks (Authentic Bass TAB), Book & CD (Ultimate Play-Along) Ultimate Guitar Play-Along Led Zeppelin, Vol 1: Play Along with 8 Great-Sounding Tracks (Authentic Guitar TAB), Book & 2 CDs (Ultimate Play-Along) Ultimate Easy Guitar Play-Along -- The Doors: Eight Songs with Full TAB, Play-Along Tracks, and Lesson Videos (Easy Guitar TAB), Book & DVD (Ultimate Easy Play-Along) Just Play: Book 3 Last Play Romance Series (A Bachelor Billionaire Companion) (The Last Play Series) Recover to Live: Kick Any Habit, Manage Any Addiction: Your Self-Treatment Guide to Alcohol, Drugs, Eating Disorders, Gambling, Hoarding, Smoking, Sex and Porn The Value of Escharotics Medicines Which Will Destroy Any Living or Fungus Tissue in the Treatment of Cancer, Lupus, Sarcoma or Any Other Forms of Malignancy (Spine Title: Cancer: its Proper Treatment At Dr. Nichols Cancer Sanatorium by Escharotic... 101 Magic Tricks: Any Time. Any Place. - Step by step instructions to engage, challenge, and entertain At Home, In the Street, At School, In the Office, At a Party Deadly Skills 2018 Day-to-Day Calendar: The SEAL Operativeâ"¢s Guide to Surviving Any Dangerous Situation and Being Prepared for Any Disaster SAS Survival Guide 2E (Collins Gem): For any climate, for any situation Make Your Own Wreaths: For Any Occasion in Any Season The Plant Recipe Book: 100 Living Arrangements for Any Home in Any Season

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)