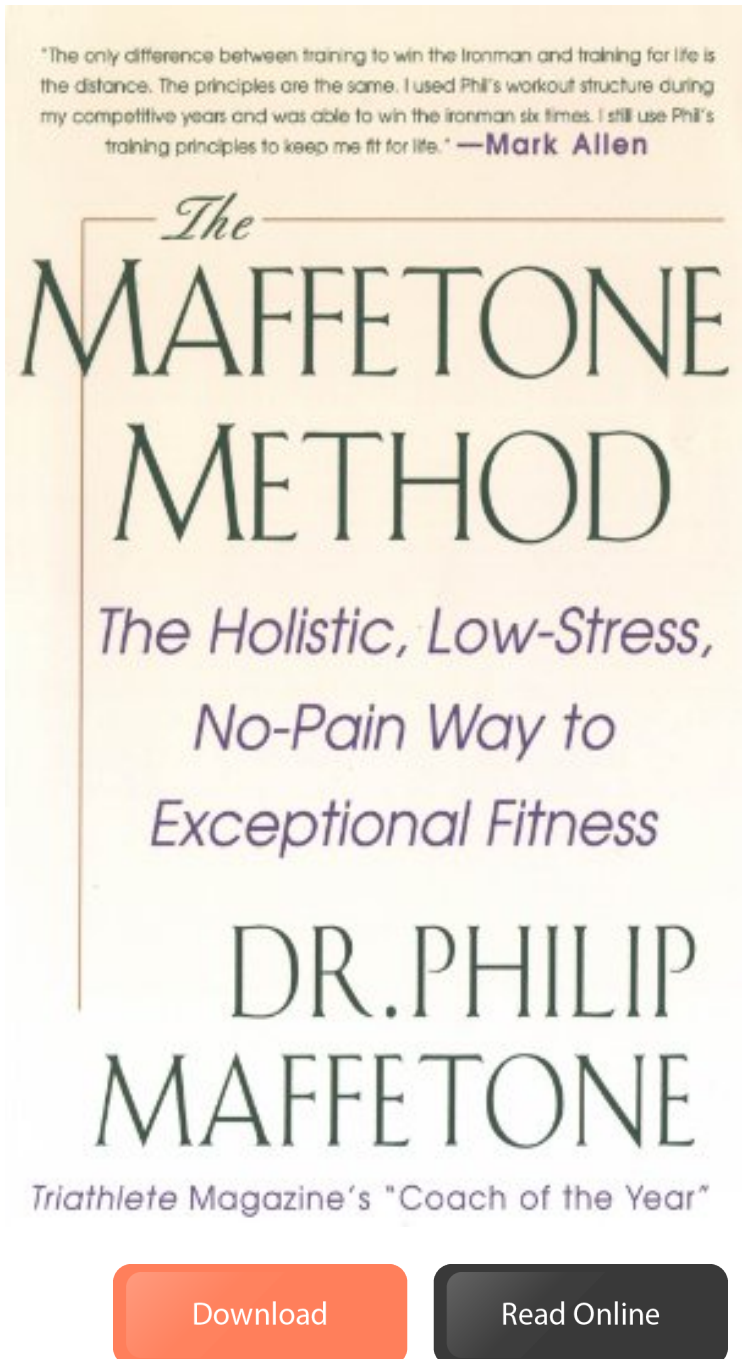


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The Maffetone Method: The Holistic, Low-Stress, No-Pain Way to Exceptional Fitness



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**Par Philip Maffetone : The Maffetone
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Maffetone Method: The Holistic, Low-Stress,
No-Pain Way to Exceptional Fitness:

Description :

Prsentation de l'diteurDr. Maffetone's unique training system for champions proves that the kinder, gentler approach actually works the best. This fitness regimen has worked for champions and non-athletes alike because it's based on Dr. Philip Maffetone's deep understanding of how the body works. Maffetone has used that knowledge to develop The Maffetone method, his successful low-stress fitness program, which can be

tailored to any individual. It means "training slower to go faster," says Mike Pigg, world champion triathlete and Maffetone client. The Maffetone Method includes: A ten step program to reduce stress and increase overall fitness; Exercise techniques designed for increased results with decreased pain; The real lowdown on some of those fad diets. In short, this is a fitness regimen for champions that everyone can use to reach their own goals whether it be running a marathon or walking around the block.

Présentation de l'auteur
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Quatrième de couverture
The Maffetone Method Will Show You How Simple It Can Be To Feel Good Again
Here's what people have said about Philip Maffetone's approach to health and fitness: "Dr. Maffetone's system goes beyond dealing with symptoms; he looks at health and fitness as an integrated balance. He deals with the whole picture clearly and directly. Fascinating and illuminating--and I feel great!"--James Taylor, singer, recording artist
"I appreciate your contribution to both my own physical health and to others."--Anthony Robbins, best-selling author
"A sensible and balanced approach to better fitness and health."--Kent Johnston, strength and conditioning coach, Green Bay Packers
Eclectic, insightful, inspirational--doctor and coach Philip Maffetone has helped some of the world's premier athletes achieve astonishing results. But he's equally interested in the athlete inside each of us. In The Maffetone Method, he destroys the "no pain, no gain" training myth and introduces a revolutionary fitness program that not only engenders peak performance but can help you enjoy the most vibrant health of your life. Clearly, simply, and sensibly, Dr. Maffetone explains the benefits of aerobic fitness, proper nutrition, stress reduction, and even choosing the right exercise shoes (expensive is not better!). The Maffetone Method will show you how simple it can be to feel good again.