

[PDF] Running Doc's Guide To Healthy Running: How To Fix Injuries, Stay Active, And Run Pain-Free

Lewis G. Maharam - pdf download free book



Books Details:

Title: Running Doc's Guide to Health

Author: Lewis G. Maharam

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Description:

Review

“Dr. Maharam’s new book is the perfect instruction manual for both die-hard runners and the rest of

us. *Running Doc's Guide to Healthy Running* serves as a portable doctor on your bookshelf, ready to use at any time." — **New York Daily News**

"*Running Doc's Guide to Healthy Running* allows you to learn about your body, how to avoid and fix injuries and be pain-free. The Injury Manual 101 section is particularly helpful. No more Googling remedies for your ailments." — **USA Triathlon Life magazine**

"A comprehensive, illustrated guide to running injuries and how to prevent them." — **Denver Post**

"The Doc writes in an easy- to-read style about why running is good for us and how to keep from getting injured, ill or worse... The section on injuries is superb with great illustrations." — **Run Britain**

"If you've got a sports injury, Dr. Maharam is the go-to doctor and his book is the go-to resource for patients and doctors." — **Steven Van Camp, MD, FACSM, former president of the American College of Sports Medicine**

"Dr. Maharam is at the forefront of exercise-related medical issues in the U.S. and around the world. In his work as a marathon race director, he has done much to make the sport of distance running safer and more enjoyable for hundreds of thousands of runners." — **Amby Burfoot, Runner's World magazine**

"When runners get hurt, they fly to Dr. Maharam!" — **Meb Keflezighi, 2009 New York City Marathon winner and 2004 Olympic silver medalist**

"Dr. Maharam is the definitive medical resource for the running and walking industry." — **Jenny Hadfield, running coach and columnist for Runner's World and Health magazines and author of Running for Mortals**

"Dr. Maharam is, simply put, the most knowledgeable and articulate medical professional in the world of endurance athletics. He delivers his advice with the unique combination of solid medical opinion and common sense advice." — **John "The Penguin" Bingham, running columnist and author of An Accidental Athlete**

Book Description

The Running Doc, Lewis Maharam, MD, is on a mission to make running safer and more fun for everyone. Maharam is the most trusted authority on healthy running and he will help every runner to avoid injuries and stay healthy. When injuries do occur, Maharam presents proven, easy-to-follow advice on treatment and care, helping the reader to heal quickly and return to enjoyable, pain-free runs.

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