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Ready to Run: Unlocking Your Potential to Run Naturally

By Kelly Starrett

Victory Belt Publishing. Paperback. Book Condition: New. Paperback. 288 pages. Dimensions: 8.9in. x 7.4in. x 0.9in. Are You Ready to Run Is there a bridge from the injury-ridden world of the modern runner to the promised land that barefoot running and Born to Run have led us to believe exists Can we really live the running life free from injury Is there an approach designed to unlock all the athletic potential that may be hidden within Can we run faster, longer, and more efficiently In a direct answer to the modern runners needs, Dr. Kelly Starrett, author of the bestseller *Becoming a Supple Leopard: The Ultimate Guide to Resolving Pain, Preventing Injury, and Optimizing Athletic Performance*, has focused his revolutionary movement and mobility philosophy on the injury-plagued world of running. Despite the promises of the growing minimalist-shoe industry and a rush of new ideas on how to transform running technique, more than three out of four runners suffer at least one injury per year. Although we may indeed be Born to Run, life in the modern world has trashed and undercut dedicated runners wishing to transform their running. The harsh effects of too much sitting and too much time wearing the wrong...


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