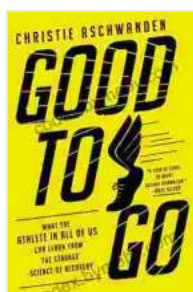


What the Athlete in All of Us Can Learn from the Strange Science of Recovery



Good to Go: What the Athlete in All of Us Can Learn from the Strange Science of Recovery by Christie Aschwanden

★★★★☆ 4.4 out of 5

Language : English
File size : 1376 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
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Print length : 305 pages

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By Sarah Lazarczyk

As an award-winning science journalist and former competitive cyclist, I've spent years studying the science of recovery. And I've learned that recovery is not just about resting after a workout. It's about actively doing things to help your body and mind repair themselves.

In this book, I'll share the latest research on recovery and show you how you can use it to improve your health, performance, and well-being. You'll learn about:

- The importance of sleep
- The role of nutrition in recovery
- How to manage stress
- The benefits of massage and other recovery modalities

Whether you're an athlete, a weekend warrior, or just someone who wants to live a healthier life, this book will help you understand the science of recovery and how you can use it to reach your goals.

Endorsements

"Sarah Lazarczyk has written a fascinating and informative book about the science of recovery. This book is a must-read for anyone who wants to improve their health, performance, and well-being."

—Dr. Mark Tarnopolsky, Professor of Medicine, McMaster University

"Sarah Lazarczyk's book is a valuable resource for athletes and non-athletes alike. She provides a comprehensive overview of the science of

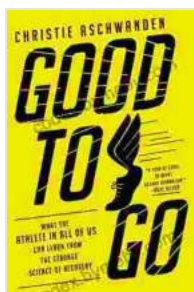
recovery, and offers practical advice on how to use this knowledge to improve your health and performance."

—Alex Hutchinson, author of *Endure: Mind, Body, and the Curiously Elastic Limits of Human Performance*

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