

Endure Mind Body And The Curiously Elastic Limits Of Human Performance

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Mind body and the curiously elastic limits of human

January 18th, 2019 - Alex Hutchinson is an award winning endurance sports journalist and author who you may know from his column Sweat Science His new book Endure explores human endurance performance limits real and perceived and how to push them further and further

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Endure Audiobook by Alex Hutchinson Malcolm Gladwell

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Human Performance The Dice Man What members say Alex Hutchinson has written the most thorough investigation of the limits of human performance I cannot recommend Endure highly enough

Alex Hutchinson Outside Online

February 11th, 2019 - Alex Hutchinson His latest book out in February 2018 is ENDURE Mind Body and the Curiously Elastic Limits of Human Performance He lives in Toronto where he runs fast climbs poorly and gets outside as much as possible with his wife and daughters

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