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MEATHEAD: UNRAVELING THE ATHLETIC BRAIN (HARDBACK)

MEATHEAD
UNRAVELING THE ATHLETIC BRAIN



Foreword by Adriane Bierwith-Wilson

ALLISON BRAGER

WestBow Press, United States, 2015. Hardback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Meathead bridges scientific discoveries with athletic anecdotes to unravel the neuroscience of exercise for the jock, gym rat, and sports nut. This is one of few popular science books that strictly focuses on exercise and athletic performance at the level of the brain. This book also serves as inspirational reading for the pre-determined couch potato by showing how easy it is...

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- Authored by Allison Brager
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