No Ordinary Love

Do you want to eat delicious food that allows you to lose weight and keep it off permanently without hunger or deprivation? Do you want to throw away your medications and recover from chronic illnesses such as heart disease, high blood pressure, and diabetes? Do you want to maintain your good health, live longer, and enjoy life to the fullest? If you said yes to any of these, then the Eat to Live Cookbook is for you. Through his #1 New York Times bestselling book Eat to Live, Joel Fuhrman, M.D., has helped millions of readers worldwide discover the most effective, healthy, and proven path to permanent weight loss. Now the Eat to Live Cookbook makes this revolutionary approach easier than ever before. Filled with nutritious, delicious, and easy-to-prepare recipes for every occasion, the Eat to Live Cookbook shows you how to follow Dr. Fuhrman's life-changing program as you eat your way to incredible health.

Burning Daylight

In the publishing tradition of Driven to Distraction or The Boy Who Couldn't Stop Washing, this prescriptive book by a developmental psychologist and sufferer of Sensory Defensive Disorder (SD) sheds light on a little known but common affliction in which sufferers react to harmless stimuli as irritating, distracting or dangerous. We all know what it feels like to be irritated by loud music, accosted by lights that are too bright, or overwhelmed by a world that moves too quickly. But millions of people suffer from Sensory Defensive Disorder (SD), a common affliction in which people react to harmless stimuli not just as a distracting hindrance, but a potentially dangerous threat. Sharon Heller, Ph.D. is...
not only a trained psychologist, she is sensory defensive herself. Bringing both personal and professional perspectives, Dr. Heller is the ideal person to tell the world about this problem that will only increase as technology and processed environments take over our lives. In addition to heightening public awareness of this prevalent issue, Dr. Heller provides tools and therapies for alleviating and, in some cases, even eliminating defensiveness altogether. Until now, the treatment for sensory defensiveness has been successfully implemented in Learning Disabled children in whom defensiveness tends to be extreme. However, the disorder has generally been unidentified in adults who think they are either overstimulated, stressed, weird, or crazy. These sensory defensive sufferers live out their lives stressed and unhappy, never knowing why or what they can do about it. Now, with Too Loud, Too Bright, Too Fast, Too Tight, they have a compassionate spokesperson and a solution-oriented book of advice.

Fast This Way

Elam Harnish has more money than he would ever need. As he accumulates wealth as a successful entrepreneur in the Alaskan Gold Rush, Harnish must face the challenges of the Yukon Territory. After he makes a fortune, Harnish finds himself still unsatisfied. In efforts to find a new challenge and make more money, Harnish decides to move down to the mainland of America, settling in California. However, after a group of money kings threaten to take his entire amassed fortune, Harnish resorts to violence to recover it, endangering him both physically and morally as he slides down a slippery slope of immorality. Realizing that he can make even more money with undercut business practices, Harnish slowly becomes corrupt, making shady business deals, cheating, and being dishonest. While it gives him more wealth, Harnish soon realizes that money is not all he wants in life. After one of his employees catch his eye, Harnish resorts to harassing her for attention. However, she is a woman of strong will and morals, and refuses his advances. Harnish realizes that she will never reciprocate his attraction if he continues his shady business dealings, but what if it is too late to redeem himself? Filled with action and suspense, Jack London’s Burning Daylight brings an exciting twist to the classic enemies to lovers storyline. Featuring two exciting settings—California and Alaska, Burning Daylight is an entertaining glimpse into the gold rush era of the United States. Through the use of amusing caricatures of hyper-masculinity and hyper-femininity, London’s romance novel also provides intriguing insight on the early 20th century gender expectations. Burning Daylight has inspired several film adaptations over the years, and was among the list of best-selling books when it was released in 1910. With adaptations and record sales, Jack London’s Burning Daylight proves that it is a prolific work able to be enjoyed by audiences even in the 21st century. This edition of Burning Daylight by Jack London is now presented with a new, eye-catching cover and is printed in an easy-to-read font, making it both modern and accessible.

Life Moves Pretty Fast

We’re raising our kids in a high-speed, high-pressured, 24/7 world. Pushing children to get ahead, we cram everything possible into our days to maximize their chance at success. We’re overloaded, overextended, overcommitted, and over-caffeinated. And we’re paying a price: Our
relationships are anemic; our health, in jeopardy. Half-awake and half-hearted, we can't sustain this pace. But how can we possibly downshift without missing out? Not So Fast: Slow-Down Solutions for Frenzied Families explores the jarring effects of our over committed culture and offers refreshing alternatives. Author Ann Kroeker relates her own story of how embracing a slower everyday pace resulted in a more meaningful family and spiritual life. Practical ideas and insight will spark creativity and personal reflection. Plus, ponder real-life stories from parents who chucked the high-speed lifestyle and reaped the rewards of richer relationships. Not So Fast offers hope that families struggling with hurried hearts and frantic souls can discover the rejuvenating power of an unrushed life.

On Life and on Vital Action in Health and Disease

There's one thing holding you back. It's you. Your instincts compel you to hide in comfort instead of facing life-limiting fears. In Cubicle Apocalypse, Ryan Gillespie peels back the layers, helping you to discover the fears we all face as human beings. With this welcome paradigm shift, your new comfort zone will be taking risks and seeking change to drastically improve your life. The journey in Cubicle Apocalypse begins with discovering yourself. There are straightforward tips and ideas that help to turn your fears into motivation and strength building opportunities. Then a straightforward blueprint is presented, complete with interactive Take Action sections, that will allow you to grow exponentially within your career or business. If you want to elevate your life, find success, and grow, Cubicle Apocalypse is a must read! Cover Art Credit: Raeghan Rebstock

Kitty Grafton. Too fast and too far. The stage-coach. The life-preserver. As a medicine. The prophets! Margaret's bridal. The temperance meeting in the village of Tattertown

As a sequel to the delightfully entertaining and award-winning Raisin' Brains: Surviving My Smart Family, this new book will keep the laughs coming! The same characters are back, five years older, and are living proof that the journey of raising gifted children continues to be full of surprises. Enjoy more comical stories of the things that gifted kids do and say, and discover the wit and wonder of this mother of five all over again!

Hot-Walker Life on the Fast Track

Every Split Second Counts - My Life with Fast Carts, Fast Women and F1 Superstars

TOO FAST TO LIVE TOO YOUNG TO DIE: JAMES DEAN'S FINAL HOURS
Jeremy Ruhl, the Life and Times Of

The son of an Italian lawyer, Valerio shot to fame when he got away with $60 million from the Knightsbridge Safe Deposit Center. It was the biggest robbery in history. Valerio has been labelled a criminal genius and a ruthless gunman. Now in his own words, he tells the truth about his life.

Too Fast to Live

Fast Life: an Autobiography; Being the Recollections, Renconters, Reverses, and Reprisals of a Man Upon Town Together with Details of the Amours of the Marquis of Waterford; and a Summer Tour [on the Continent] for Those who Like to Get All that Can be Got for Their Time and Money, Etc

As a reporter in Cleveland in the 1960s, I knew a lot about what was going on behind the scenes in politics. But Ken McGee’s revelations blew me away. His journey through dark corridors of politics, gambling and alcoholism is bluntly honest. James M. Naughton James Naughton is a former White House and national politics correspondent for The New York Times. web site: www.eyesshuttightmcgee.com

Vicious

****This is a COMPLETE BWWM Billionaire Romance Novel w/ fully developed characters, and NO Cliffhangers or pesky Misspellings****Kiara never saw this coming. She is asked to close a deal with a mysterious billionaire and in walks the sexiest man she’s ever seen in her life. From the moment their eyes met the sparks have been flying ever since. This tall gorgeous dominant alpha male takes her on an fast paced adventure of explosive, no holds barred, earth shattering sex and intimacy. She never dreamed love, or sex, could be like this. Will the single independent self made Kiara drop everything she’s worked for to follow her heart? Or will cautionary voices from the past steer her back to a solitary life? Be the first to find out! Click the “buy now with 1 click” button at the top of the page OR Read it for free with Kindle Unlimited. Also available in Paperback through Amazon!

Too Fast for Words

Have you ever been told that you speak too fast or that your speech is unclear or sloppy? Do you find it difficult to control the pace of your speech and does this cause you to trip over your words? Do you sometimes have difficulty in ordering your thoughts or determining what
exactly you are going to say? And does this sometimes make it difficult for people to understand you? People that speak in a non-fluent, unintelligible or messy way are often labeled ‘stutterers’ in popular wisdom. For years Rutger Wilhelm also thought he stuttered and underwent various treatments for it. When he was diagnosed with cluttering, a disorder he had never heard of, his world was turned upside-down. In “Too fast for words” he shares his personal experience with cluttering. Through striking and sometimes moving anecdotes he takes readers on an interesting voyage of discovery: What is cluttering? How does it differ from stuttering? What impact can it have on your life? And what can be done about it?

The FastLife

Little Boys have secrets, Most secrets don’t hurt, Men in high places want this secret - They will Kill for it - The First Book of the Jeremy Ruhl saga! The son of the English explorer Lord Baron Ruhl, Jeremy Ruhl, is lost in America. In the late 1800’s The civil war is over, balloons dot the skies of Europe, and a boy begins an adventure! The original masterpiece of Action and adventure as Jeremy Ruhl, raised as a prince, and his friends want to find adventure, their adventure turns into a nightmare because of a secret Jeremy does not even know about, and people will kill for that secret. 412 Pages of pure action and adventure. Rated YA 10 and up, some mild violence.

Eyes Shut Tight

“Now this diet allows users to eat whatever they like five days a week and then fast (consuming 500-600 calories/day) for two nonconsecutive days”--

Too Fast A Life

Break the rules, not the fast with world-renowned biohacker and New York Times bestselling author Dave Asprey. For more than a decade, the Bulletproof founder Dave Asprey has shared his unique point of view and expertise to help fans become the best versions of themselves. From living longer to getting smarter, maximizing performance to practicing mindfulness, Dave’s followers look to him for his take on the most effective techniques to become healthier and more powerful than most doctors think is possible. Asprey has been fasting for years, long before it gained widespread popularity, and if you’re a fan of Bulletproof coffee and The Bulletproof Diet, you have been enjoying some of the benefits of Intermittent Fasting too. In Fast This Way, Dave asks readers to forget everything they think they know about the ancient practice and takes them on a journey through cutting-edge science to examine the ways novice fasters and Intermittent Fasting loyalists can up-end their relationship with food and upgrade their fasting game beyond calorie restriction. What IF eating the right foods at the right time can actually enhance your fast? What IF how you work out and sleep could trick your body into thinking you are fasting? What IF it were easy to skip a meal, or two, or three? What IF fasting is different for women, can be personalized to your genes, and can impact your mental health?
What IF all fasts could be created equal? Fast This Way is a compelling read through the latest thinking on fasting and gives readers the manual and toolkit to make the most of their fasts and their personal biology.

**Not So Fast**

MIKE HAWTHORN, BRITAIN’S FIRST WORLD MOTOR RACING CHAMPION, was internationally famous by the time of his death. The dashing young Englishman had just won an epic battle for the title against Stirling Moss in a classic last race duel; similar to that between James Hunt and Nicki Lauda in 1976, and Lewis Hamilton and Nico Rosberg in 2014. However, back in the 1950s, Formula 1 was a quasi-amateur sport, in which prizes were modest, the risk of death unimaginably high and where there was scant reporting of the drivers’ off-track activities. Mike’s penchant for fast driving was matched by an appetite for pretty girls, beer, aeroplanes and practical jokes - all of which got him into a great many scrapes. What usually got him out was his charm. In this re-telling of Mike’s story, Too Fast A Life endeavours to paint an unbiased picture of a troubled young man, focusing more on feelings than feeler-gauges, and uniquely questions whether his life could have ended differently.

**Speed**

An MBA from Kellogg, a six-figure salary teasing toward seven, and a career trajectory in international banking that challenged gravity. Whether in Boston or Moscow, Carson Neshek led a charmed existence filled with fast cars, lucrative business deals and beautiful women. With Russia now open for private investment and the world knocking on the door, Carson only had time for business. A personal life -- or at least its encumbrances -- would have to wait. That included the exotic beauty Sasha and her daughter Vika, for whom Carson was “daddy” only as an occasional patron. Russia was a land of adventure and opportunity that demanded taming. And gambling with it was an intoxicating game until the stakes escalated too far too fast - threatening his career and maybe his life. Carson stood at the dangerous intersection of corrupt politics and mafia-controlled business in Russia. As murders began to pile up he found himself squeezed between the terrifying Russian criminal underworld, all-reaching Russian political power, and even U.S. law. Carson would have to learn whom he could trust and what he could save and then make a choice -- before it was too late.

**Fast Life**

Increase fasting for health and wholeness.

**Border Town #3: Falling Too Fast**
Sonya Walters knows her sister's marriage is in trouble, but when she learns her brother-in-law has been murdered and her sister arrested for the crime, Sonya turns to the one man who can help--top criminal defense attorney Dwayne Hamilton.

**Who Put My Life on Fast-Forward?**

**Life in the Fast Brain**

A psychologist and addiction expert explains how the fast-paced culture of technology and 24-hour connectivity is stressful and damaging, why faster isn't always better and offers a plan to slow down, reconnect with oneself and accept human limitations. Original. 50,000 first printing.

**Moths, Rust and Thieves**

**Too Fast to Live Too Young to Die**

The memorable story of former racing star Tim Richmond is told, detailing how his life took a tragic turn as he neared stockcar racing's zenith as one of its brightest stars.

**Tim Richmond**

**Eat to Live Cookbook**

In Dos Rios, Texas, things aren't always as they seem. Alexis Garza has music in her blood. She's certain that one day, she'll be leaving the border town of Dos Rios, Texas behind for a glamorous life of singing stardom. Until then, however, she'll have to content herself with belting her heart out at voice classes, going to high school mariachi band practice, and helping out at the Graza family restaurant. Alexis's ordinary life takes a turn for the extraordinary when she meets the swoon-worthy lead singer of a rival high school's mariachi band. His singing (and his smile) make Alexis melt. There's one small problem--this suave singer doesn't seem to know that Alexis exists. She's determined to make herself heard--no matter what the cost.
**Too Fast to Live, Too Young to Die**

Upton Sinclair, one of America’s foremost and most prolific authors, addresses the cultivation of the mind and the body in this 1922 volume. Sinclair’s goal was to attempt to tell the reader how to live, how to find health, happiness and success, and how to develop fully both the mind and the body. Part One: The Book of the Mind covers such subjects as faith, reason, morality, and the subconscious. Part Two: The Book of the Body develops such subjects as errors in diet, the fasting cure, food and poisons, work and play, and diseases and their cures.

**Life’s Too Short to Go So F*cking Slow**

Brick Waters rose from a really sad childhood and through bad times to in the future becoming the 57th president of the United States. Brick has went through all sorts of life and his world through his eyes is a lot different from everybody else and as you read this story you will read how he met his wife, what he was like as teenager growing up in Covington, Washington. Also in this novel, Brick has had to change a lot in his life through all the events that have shaped him to be the man he wanted to be. Also Brick is somebody who really loves America and as US president he really wanted to fix up america the way the other US presidents had also in Brick’s administration dealt with a lot of world issues such as the war in South Africa in the 2030’s and also a struggling economy that was just in bad shape. Brick tries his best as president to fix up America and make the United States a great country again.

**Fasting for Life**

Susan and Carlos were unlikely friends. She was a young, overweight college professor and a bit of a trainwreck—juggling a divorce, a pack-a-day habit, and hiding empty boxes of wine under her bed. He was her boss, an Ironman triathlete, with life figured out. She was a whiner, he was a hard-ass. He had his shit together, she most assuredly did not. Trash-talking workouts, breakdowns, a devastating diagnosis—this heartwarming story of training buddies reveals a deep and abiding friendship that traversed life, sport, and everything in between. Their journey reveals the inspiring power of sports and friendship to change lives forever. Amusing and poignant, Life’s Too Short To Go So F*cking Slow is about running and triathlon, growth and heartbreak, and an epic friendship that went the distance.

**Too Fast to Think**

**The Book of Life**

The Forty-Day Word Fast focuses on several biblically sound mechanisms to help you change your words and your life. Not only will your
vocabulary change, your heart also will be transformed in just forty days.

The Fast Life of Brick Watters

Our lives are getting faster and faster. We are engulfed in constant distraction from email, social media and our 'always on' work culture. We are too busy, too overloaded with information and too focused on analytical left-brain thinking processes to be creative. Too Fast to Think exposes how our current work practices, media culture and education systems are detrimental to innovation. The speed and noise of modern life is undermining the clarity and quiet that is essential to power individual thought. Our best ideas are often generated when we are free to think diffusely, in an uninterrupted environment, which is why moments of inspiration so often occur in places completely separate to our offices. To reclaim creativity, Too Fast to Think teaches you how to retrain your brain into allowing creative ideas to emerge, before they are shut down by interruption, distraction or the self-doubt of your over-rational brain. This is essential reading for anyone who wants to maximize their creative potential, as well as that of their team. Supported by cutting-edge research from the University of the Arts London and insightful interviews with business leaders, academics, artists, politicians and psychologists, Chris Lewis takes a holistic approach to explain the 8 crucial traits that are inherently linked to creation and innovation.

Too Loud, Too Bright, Too Fast, Too Tight

For readers who wish their busy lives had a pause button, Phil Callaway offers real help along with healthy doses of his trademark humor. Drawing from lessons learned during his own struggles with burnout, the bestselling author focuses on five keys to bringing back missing peace. In Who Put My Life on Fast-Forward, millionaires, CEOs, and "regular folk so tired they can hardly lace up their Velcro tennis shoes" demonstrate how, with God's help, it's possible to start living deliberately in a high-speed culture. With wit and candor, Callaway offers creative ways to: live on less and love it find your perfect pace embrace a life of integrity climb off the stress merry-go-round rediscover the joy of friendships Men and women stuck in a loop of busyness and fatigue will find faith-based tools and inspiration for change in this funny, wise book.

The Forty-Day Word Fast

Written with the full co-operation of his late mother, this definitive new biography charts Sid's story from his childhood to his final fix in New York, detailing his life before, during and after the Sex Pistols. Also revealed for the first time, the truth about what really happened in Sid and Nancy's Chelsea Hotel room in the early hours of October 12th 1978, and the figure now widely believed to have been Nancy's murderer. Features a full discography, concert listings and 100 rare b/w photographs.
**Life in the Fast Lane: Unless your fast lane is Slow**

*NEW YORK TIMES BESTSELLER* • In this collection of personal essays, the beloved star of Gilmore Girls and Parenthood reveals stories about life, love, and working as a woman in Hollywood—along with behind-the-scenes dispatches from the set of the new Gilmore Girls, where she plays the fast-talking Lorelai Gilmore once again. With a new bonus chapter *In Talking as Fast as I Can*, Lauren Graham hits pause for a moment and looks back on her life, sharing laugh-out-loud stories about growing up, starting out as an actress, and, years later, sitting in her trailer on the Parenthood set and asking herself, “Did you, um, make it?” She opens up about the challenges of being single in Hollywood (“Strangers were worried about me; that’s how long I was single!”), the time she was asked to audition her butt for a role, and her experience being a judge on Project Runway (“It’s like I had a fashion-induced blackout”). In “What It Was Like, Part One,” Graham sits down for an epic Gilmore Girls marathon and reflects on being cast as the fast-talking Lorelai Gilmore. The essay “What It Was Like, Part Two” reveals how it felt to pick up the role again nine years later, and what doing so has meant to her. Some more things you will learn about Lauren: She once tried to go vegan just to bond with Ellen DeGeneres, she’s aware that meeting guys at awards shows has its pitfalls (“If you’re meeting someone for the first time after three hours of hair, makeup, and styling, you’ve already set the bar too high”), and she’s a card-carrying REI shopper (“My bungee cords now earn points!”). Including photos and excerpts from the diary Graham kept during the filming of the recent Gilmore Girls: A Year in the Life, this book is like a cozy night in, catching up with your best friend, laughing and swapping stories, and—of course—talking as fast as you can.

**Cubicle Apocalypse**

An astonishing collection of over 700 original scans of printed ephemera and memorabilia from the prime years of the punk and post-punk movements. Since finding punk in the summer of 1976, Andrew Krivine has amassed one of the world's largest collections of punk graphic design and memorabilia, with part of his collection exhibiting at the Cranbrook Art Museum in Michigan, before moving to the New York Museum of Arts and Design, and many other such spaces around the world in 2020 and 2021. This book represents the cream of that collection—over 700 original scans of posters, flyers, covers, and ads from the prime years of the movement, which changed the world of graphic design forever. Too Fast to Live tells of one man's obsession with creating an unparalleled collection of punk memorabilia. The illustrative content of the book is verified, critically assessed, and given provenance by an array of graphic design experts, academics, and commentators, among them Steven Heller (former art director at the New York Times), Russ Bestley, Professor Rick Poynor, Malcolm Garrett, and Pulitzer and National Book Award-winning editor Michael Wilde. The unique mix of imagery and text makes this arguably the most essential and definitive work on the graphic design revolution within the punk and post-punk movements of America and the U.K.

**Poetical Quotations from Chaucer to Tennyson**
Hot-Walker Life on the Fast Track - sports crime romance novel. The 1960s marked the rise of a new generation, Canadian horse racing and courtroom drama when Hot-Walker Frannie Harrison witnessed the violent murder of her fiancé at Woodbine racetrack. She was the youngest child of a wealthy but alcoholic and dysfunctional family who set out to find her own life in the turbulent 1960s. Ultimately, Frannie finds herself in Yorkville, Toronto's hippie community, filled with drop-outs and American draft dodgers. Young and innocent, she falls in love with an ambitious American who works at the racetrack and convinces her to take a job there. Suspecting he is into drug dealing, she is by no means prepared for his death. Grief-stricken, she struggles with denial and complicated relationships before escaping to Europe. When petitioned for trial, Frannie returns to Toronto to deal with the painful ordeal that produces devastating testimonies about life on the fast track, a murder trial that shocks Toronto community.

The Fast Life

Martin Hines is the man who discovered the sensational and talented F1 World Champion Lewis Hamilton. He is the world's most successful kart driver with 17 major championships including three world titles and five European, the last of which he won at the age of 56 after beating cancer. Along the way he discovered and nurtured F1 superstars like David Coulthard, Anthony Davidson and Lewis Hamilton, and future stars Gary Paffett and Oliver Rowland. He built Zip Karts into the industry's most influential company, at the forefront of sport-changing innovations like indoor karting. But his autobiography is far more than the story of a successful kart king. The action will leave you breathless and the anecdotes will make you laugh. This is a must read book for motorsport lovers and also for everyone who appreciates a life lived as though every split second counts.

Fast After 50

From Vogue contributor and Guardian columnist Hadley Freeman, a personalized guide to eighties movies that describes why they changed movie-making forever—featuring exclusive interviews with the producers, directors, writers and stars of the best cult classics. For Hadley Freeman, movies of the 1980s have simply got it all. Comedy in Three Men and a Baby, Hannah and Her Sisters, Ghostbusters, and Back to the Future; all a teenager needs to know in Pretty in Pink, Ferris Bueller's Day Off, Say Anything, The Breakfast Club, and Mystic Pizza; the ultimate in action from Top Gun, Die Hard, Beverly Hills Cop, and Indiana Jones and the Temple of Doom; love and sex in 9 1/2 Weeks, Splash, About Last Night, The Big Chill, and Bull Durham; and family fun in The Little Mermaid, ET, Big, Parenthood, and Lean On Me. In Life Moves Pretty Fast, Hadley puts her obsessive movie geekery to good use, detailing the decade's key players, genres, and tropes. She looks back on a cinematic world in which bankers are invariably evil, where children are always wiser than adults, where science is embraced with an intense enthusiasm, and the future viewed with giddy excitement. And, she considers how the changes between movies then and movies today say so much about society’s changing expectations of women, young people, and art—and explains why Pretty in Pink should be put on school syllabuses immediately. From how John Hughes discovered Molly Ringwald, to how the friendship between Dan Aykroyd and John
Belushi influenced the evolution of comedy, and how Eddie Murphy made America believe that race can be transcended, this is a “highly personal, witty love letter to eighties movies, but also an intellectually vigorous, well-researched take on the changing times of the film industry” (The Guardian).

**Talking as Fast as I Can**

Fast After 50 is for every endurance athlete who wants to stay fast for years to come. For runners, cyclists, triathletes, swimmers, and cross-country skiers, getting older doesn't have to mean getting slower. Drawing from the most current research on aging and sports performance, Joe Friel—America's leading endurance sports coach—shows how athletes can race strong and stay healthy well past age 50. In his groundbreaking book Fast After 50, Friel offers a smart approach for athletes to ward off the effects of age. Friel shows athletes how to extend their racing careers for decades—and race to win. Fast After 50 presents guidelines for high-intensity workouts, focused strength training, recovery, cross training, and nutrition for high performance: How the body’s response to training changes with age, how to adapt your training plan, and how to avoid overtraining How to shed body fat and regain muscle density How to create a progressive plan for training, rest, recovery, and competition Workout guidelines, field tests, and intensity measurement In Fast After 50, Joe Friel shows athletes that age is just a number—and race results are the only numbers that count. With contributions from: Mark Allen, Gale Bernhardt, Amby Burfoot, Dr. Larry Creswell, John Howard, Dr. Tim Noakes, Ned Overend, Dr. John Post, Dr. Andrew Pruitt, and Lisa Rainsberger.

Copyright code: 2295f9a5f1a0958c7e9c6e64cea27ef2