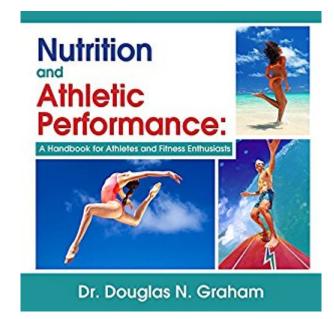
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## **Nutrition And Athletic Performance**





## Synopsis

Whether you are a seasoned athlete or just getting started with a fitness program, Nutrition and Athletic Performance is your guide to success. Discover what athletes from every sport around the world have been using to set personal bests. Learn what to eat before, during and after activity to yield the best performance. Attain freedom from costly supplements. Gain better recovery times from activities. And finally learn the truth about carbohydrates, fats, and proteins.

## **Book Information**

Audible Audio Edition Listening Length: 3 hours and 21 minutes Program Type: Audiobook Version: Unabridged Publisher: Dr. Douglas Graham Audible.com Release Date: January 6, 2015 Language: English ASIN: B00RW2NFY2 Best Sellers Rank: #83 in Books > Audible Audiobooks > Health, Mind & Body > Exercise & Fitness #142 in Books > Audible Audiobooks > Nonfiction > Lifestyle & Home > Cooking #420 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian

## **Customer Reviews**

More like a handbook it contains a summary of why and how athletes should eat the 811 way. Anyone serious about improving their life should read this short book.

Highly recommend this book to all active and athletic people trying to improve performance and generally feel better and energized every day!

Excellent information!

Great book

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