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Deskbound: Standing Up to a Sitting World (Hardback)

By Kelly Starrett

SIMON SCHUSTER, United States, 2016. Hardback. Book Condition: New. 260 x 210 mm. Language: English . Brand New Book. Sitting can wreak havoc on your health. Recent studies show that too much sitting contributes to a host of diseases - from obesity and diabetes to cancer and depression - and literally shortens your life. In Deskbound, Dr Kelly Starrett - author of Becoming a Supple Leopard (Victory Belt, 2015) - unveils how your sedentary lifestyle is killing you and, more important, what you can do to change it. Provides creative solutions to reduce the amount of time you spend perched on your backside, as well as strategies for the workplace that will improve your overall health.

Reviews

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