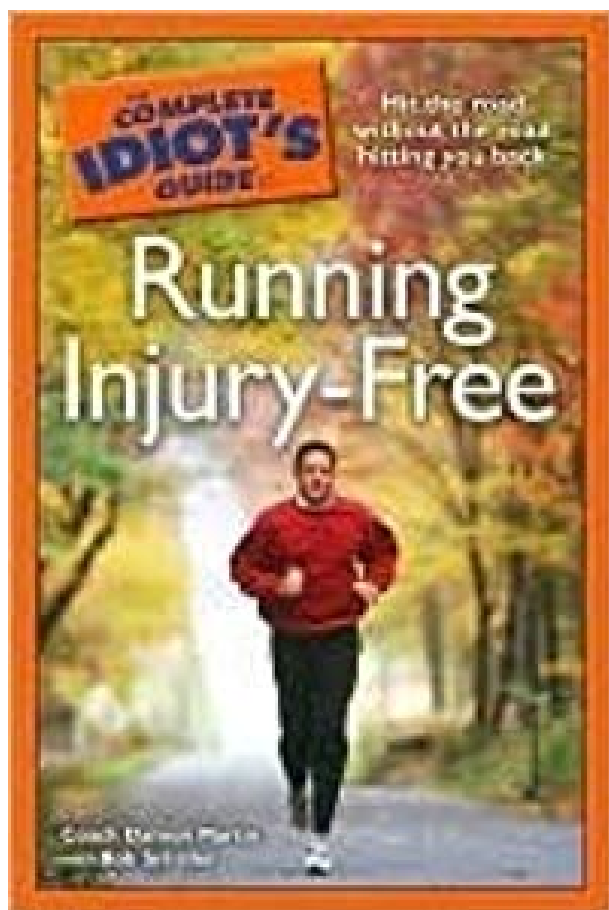


# The Complete Idiot's Guide to Running Injury-Free (Complete Idiot's Guide to)



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Author:	Damon Martin
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No pain-maximum gain. More than half of all runners in the U.S. are sidelined at least once a year because of an injury. Many others run through the pain that starts to surface as they age-the result of years of bad posture, joint and muscle stiffness and poor running mechanics. This guide provides readers with a holistic approach to preventing injuries and getting rid of nagging pains. In it, readers learn how to increase flexibility, calibrate muscle strength, pick the right shoes, break bad habits, and more-all while improving distance and efficiency.