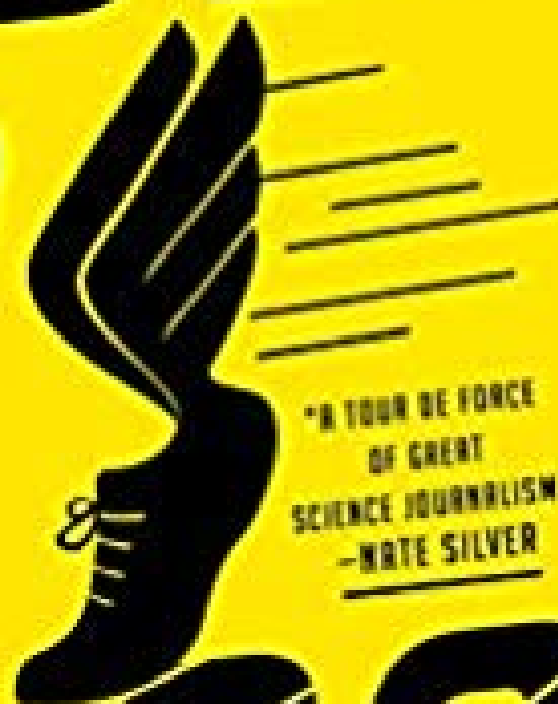


CHRISTIE ASCHWANDEN

GOOD

TO



"A TOUR DE FORCE
OF GREAT
SCIENCE JOURNALISM."
—NATE SILVER

WHAT THE
ATHLETE IN ALL OF US
CAN LEARN FROM
THE STRANGE
SCIENCE OF RECOVERY

GO

Christie Aschwanden

Good to Go: What the Athlete in All of Us Can Learn from the Strange Science of Recovery



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An eye-starting exploration of how the human body may best recover and adapt to sports and fitness training. and she tests some of the most controversial methods herself, including cryochambers, float tanks, and infrared saunas. Anyone who computes or competes at any level is normally bombarded with the most recent recovery products and services: from drinks and shakes to compression sleeves, foam rollers, electrical muscle stimulators, and rest trackers. At the same time when the most recent recovery services and products promise so much, Good to Go seeks answers to the fundamental question: Do any of them actually help the body recover and achieve peak performance? She investigates whether consuming Gatorade or beer after teaching helps or hinders overall performance; she examines the most recent trends among sportsmen, from NFL celebrity Tom Brady's infrared pajamas to gymnast Simone Biles' pneumatic compression boot styles to swimmer Michael Phelps's "cupping" ritual; In recent years recovery has turned into a sports and fitness buzzword. In All set, acclaimed FiveThirtyEight science writer Christie Aschwanden uses readers on an entertaining and enlightening tour through this unusual world.



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