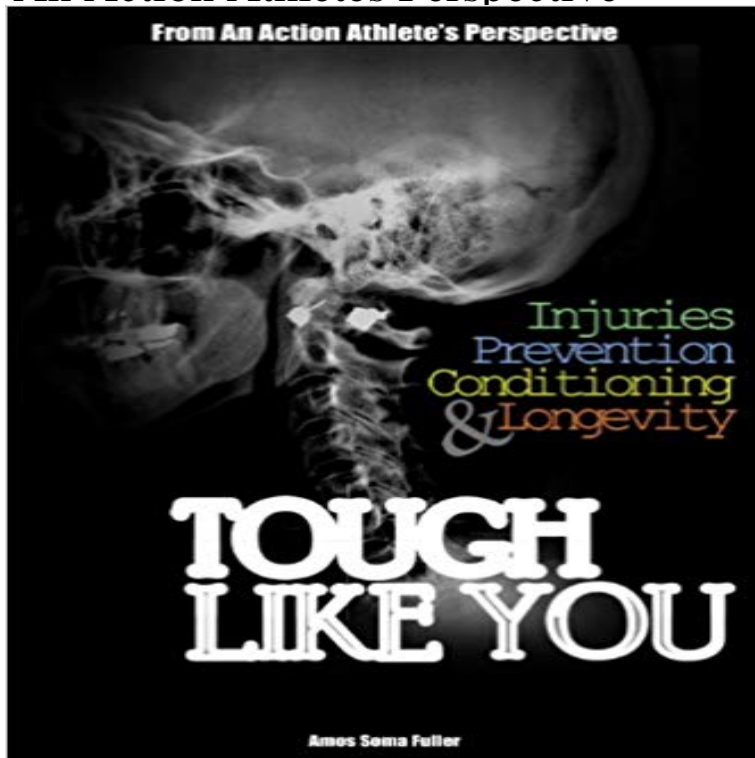


# Tough Like You: Injuries, Prevention, Conditioning and Longevity From An Action Athletes Perspective



The worlds first book on injuries, prevention, conditioning and longevity from an action athletes perspective, not just told from theory, but real life experiences of sweat and sometimes blood. An informative read for all high-risk injury athletes and any active person that seeks better performance and fewer injuries. Tough Like You contains useful stories, techniques and tips from the athletes experiences as well as health care professionals. Look into the physical & mental world of real life doers that require the body and mind to take a new approach at what is considered normal use. Tough Like You goes beyond itself as a book on health, healing & nutrition venturing into the realm of how everyday people overcome, relearn and strengthen themselves in various ways. An essential new and refreshing read for any active person. Tough Like You is the medical journal from the street. This is how weve learned to stay healthy and maintain so we can live the way we love. Tough Like You brings unique insights & helpful tips on staying healthy and conditioned from an action athletes perspective to keep you doing the activities you are passionate about for years. Not only for the action sports enthusiast but for any active person and the athlete in all of us.

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