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Play On: The New Science Of Elite Performance At Any Age



Synopsis

A lively, thoroughly researched tour of the latest in fitness science and technology, and the strategies of elite and amateur athletes who are performing at peak levels for decades longer than before

Book Information

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Customer Reviews

JEFF BERCOVICI is a journalist, sports fan, and athlete, very much in that order. He is currently the San Francisco bureau chief for Inc., covering tech and entrepreneurship, and a former senior editor and writer at Forbes, where he reported from the Green Bay Packers' training camp. He was a finalist for the 2013 Mirror Award, and has also written for Playboy, GQ, Details, Glamour, and the New York Times.

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