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So a few researchers scattered around the globe have begun testing methods of harnessing the brain's power: zapping it with electric current, modifying the activity of certain brain regions, or...

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Brain Training for Runners is for any runner searching for a customizable system that supports the continued development of the mind and the body. I am training and competing on a whole new level because of what I discovered while reading this book and have never been more confident in my potential as an athlete because I now have a better understanding of how my brain regulates my body--not the other way around.

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In Brain Training, the author talks about the ballistic style of running that elite runners use and how they are actually floating in the air the majority of the time. Practicing his cues helped me evolve my stride to emulate the elite runner form and all I can say is wow.

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