



The First 20 Minutes: Surprising Science Reveals How We Can Exercise Better, Train Smarter, Live Longer

Gretchen Reynolds

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The *New York Times* bestseller that explains how groundbreaking scientific discoveries can help each of us achieve our personal best

Every week, Gretchen Reynolds single-handedly influences how millions of Americans work out. In her popular *New York Times* column, she debunks myths, spurs conversation, and stirs controversy by questioning widely held beliefs about exercise.

Here, Reynolds consults experts in a range of fields to share paradigm-shifting findings that were previously only available in academic and medical journals, including:

- 20 minutes of cardio is all you need (and sometimes six minutes is enough)
- Stretching before a workout is counterproductive
- Chocolate milk is better than Gatorade for recovery

Whether you're running ultramarathons or just want to climb the stairs without losing your breath, *The First 20 Minutes* will show you how to be healthy today and perform better tomorrow.

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