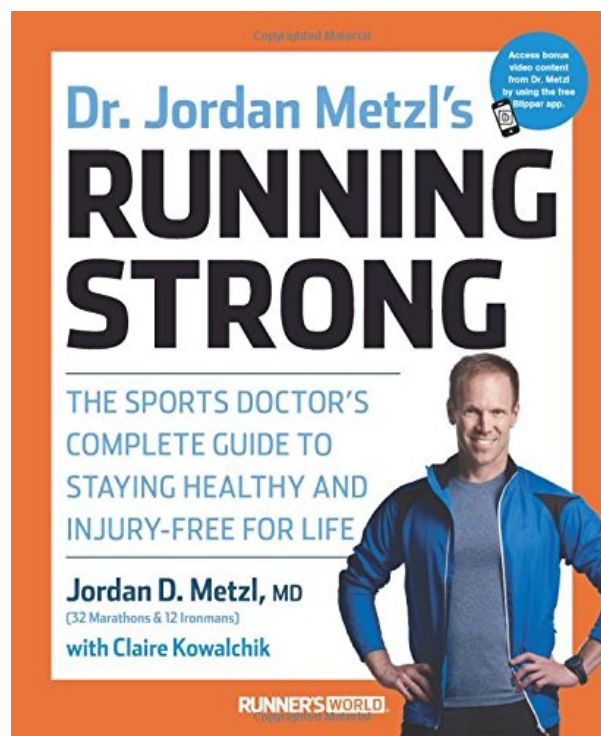
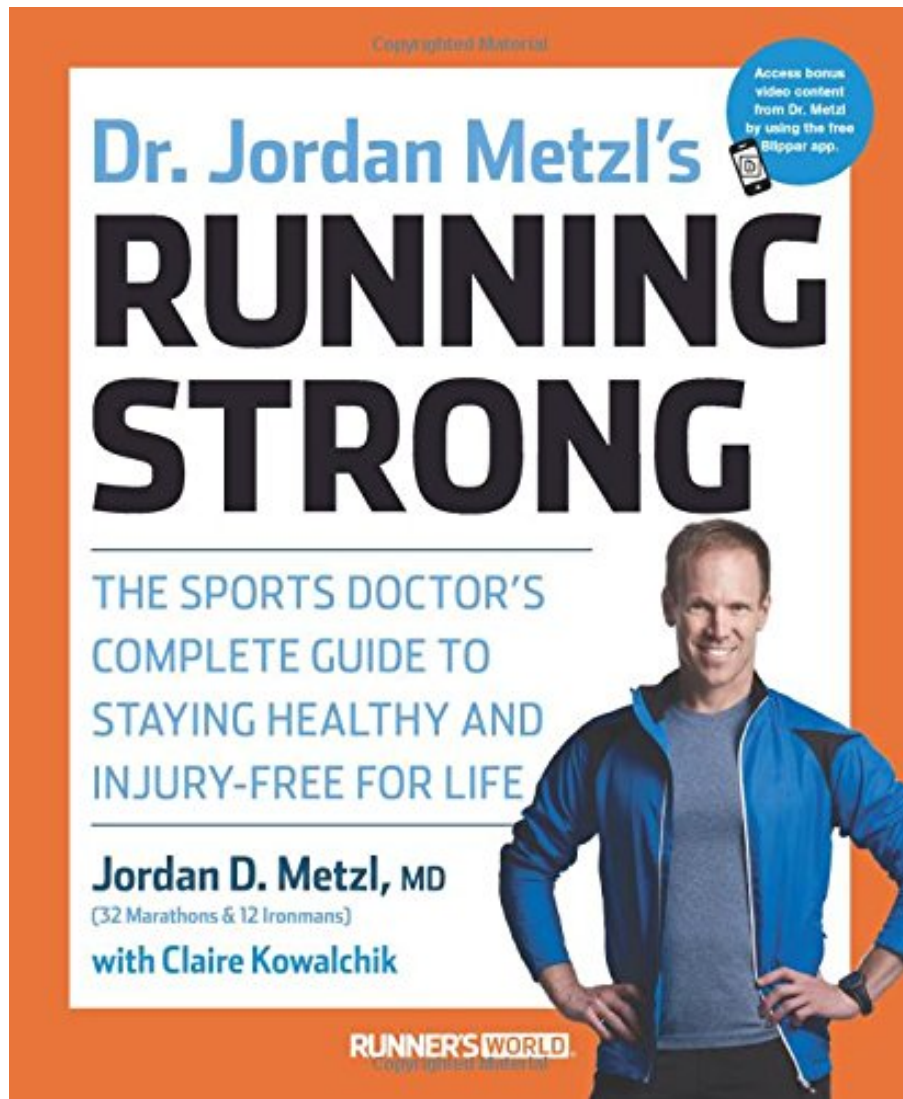


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## Review

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Step into my office if you want to run faster, stronger, and pain-free. Whether you're a new runner training for your first race or an experienced marathoner, this cutting-edge book will keep you on the road and running faster.

With comprehensive, illustrated information on running health and injury prevention, this book is the first to include embedded scan codes that lead readers to videos addressing such issues as shin splints, plantar fasciitis, stress fractures, and runner's knee. Not only will runners be able to read about how they can treat and prevent hundreds of medical and nutritional issues, they'll be able to walk into a top-level video consultation 24 hours per day, 7 days per week, from anywhere in the world!

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- 320 pages

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#### Most helpful customer reviews

26 of 27 people found the following review helpful.

Hot Damn This Book is Awesome

By GC

I'm a life-long runner who is often injured. I live in Texas, don't make a ton of money as a school teacher, and running keeps me sane. I follow Dr. Metzl through his *Inside the Doctor's Office* series on *Runner's World* so when I saw this new book I got it right away. It came yesterday and I'm half way through already. What I wasn't prepared for was the very cool ability to use my smart phone for a virtual consultation on my running questions that supplement the text. Without a doubt this is one of the coolest things I've ever seen in a book, and I look at books all day long at my job! If you're a runner I think this book will just knock your socks off with the great illustrations, quality paper (it feels significant when you hold it), and the revolutionary use of augmented reality. Plus, to be honest, it costs way less than my co-pay and the information is more specific for runners. Dr. Metzl is one of us so he doesn't think we're insane. I'd highly recommend this book if you run, augmented reality is the future!

15 of 16 people found the following review helpful.

Great Resource for Runners with Injuries

By Alison Gittelman

This book is a great resource for runners who've had or who currently have injuries. The information is laid out in an easy-to-read format, with sidebars and images to break up the text, along with many detailed

images of bones, muscles, tendons, and ligaments that help you see what the text is describing. On the cover of *Running Strong*, beneath the name of the author, Jordan D. Metzl, MD, is, in parentheses, "32 Marathons & 12 Ironmans." Why is this information so important that it's featured on the cover of the book? Because runners don't trust doctors who aren't runners. At least, most of us don't. Dr. Jordan Metzl is, it's evident, a runner. Moreover, he's a runner who has experienced severe injury (torn ACL), and has not only recovered from the injury but has also kept at bay the resulting arthritis with a strength training program he created called IronStrength. *Running Strong* is a perfect book for me with lots of pictures. ;) There's also an app called Blippar that you can download in order to step inside Dr. Metzl's virtual office and watch a number of helpful videos (there are over 30) that accompany the book. Overall, I think this is a great read as well as a fantastic resource for all runners, young or old, beginners or old-timers, injured or injury-free.

11 of 12 people found the following review helpful.

The perfect go-to resource

By Katie Foster

This is a fantastic go-to resource book for preventing/dealing with injury! I've been injured a few times over the years of running, and I can't tell you how many hours I spent Googling my symptoms, what I should do to get better, etc. This book has it all right there in the pages, which makes it so easy to see what's going on. The book itself is very good quality--the photographs, particularly in the injury section, are very detailed and helpful. The book goes beyond the usual "runner's knee" and "IT Band Syndrome"... all the injuries I have heard of as far as running goes are shown in detail. I found the workout section to be very "do-able". I hate strength training (I know I should do it!) but the workout is something I think I could manage once a week. I'm hopeful that this will help me be injury-free from now on!

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