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Breathe Strong, Perform Better explains how breathing training can increase power, improve sports performance, accelerate recovery & reduce injury risk.

Alison mcconnell (author of breathe strong,

Alison McConnell is the author of Breathe Strong, Perform Better (3.00 avg rating, 4 ratings, 3 reviews, published 2010) and Respiratory Muscle Training

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Breathe Strong, Perform Better explains how anyone, from everyday exercisers to elite athletes, can use breathing training to increase power and comfort

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