



Meathead: Unraveling the Athletic Brain

Allison Brager

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Meathead: Unraveling the Athletic Brain Allison Brager

Meathead bridges scientific discoveries with athletic anecdotes to unravel the neuroscience of exercise for the jock, gym rat, and sports nut. This is one of few popular science books that strictly focuses on exercise and athletic performance at the level of the brain. This book also serves as inspirational reading for the "pre-determined" couch potato by showing how easy it is for the brain to positively crave exercise and the short- and long-term benefits of exercise for brain health and function. For athletes and coaches, this book provides unique perspectives for enhancing athletic performance and recovery.

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