



Deskbound: Standing Up to a Sitting World

By Kelly Starrett

Download now

Read Online ➔

Deskbound: Standing Up to a Sitting World By Kelly Starrett

You'd better stand up for this bit of news.

Sitting can wreak havoc on your health, and not just in the form of minor aches and pains. Recent studies show that too much sitting contributes to a host of diseases—from obesity and diabetes to cancer and depression. The typical seated office worker suffers from more musculoskeletal injuries than those workers who do daily manual labor. It turns out that sitting is as much an occupational risk as is lifting heavy weights on the job. The facts are in: sitting *literally shortens your life*. Your chair is your enemy, and it is murdering your body.

In this groundbreaking new book, Dr. Kelly Starrett—renowned physical therapist and author of the *New York Times* and *Wall Street Journal* bestseller *Becoming a Supple Leopard*—unveils a detailed battle plan for surviving our chair-centric society. *Deskbound* provides creative solutions for reducing the amount of time you spend perched on your backside, as well as strategies for transforming your desk into a dynamic, active workstation that can improve your life.

You will learn how to:

Easily identify and fix toxic body positions

Eradicate back, neck, and shoulder pain

Mitigate carpal tunnel syndrome forever

Organize and stabilize your spine and trunk

Walk, hinge, squat, and carry with peak skill

Perform daily body maintenance work using 14 mobility templates for resolving pain and increasing range of motion

Whether your goal is to maximize your performance in or out of the workplace,

lose weight, or simply live pain-free, *Deskbound* will work for you. It is a revolutionary cure for death-by-desk.

 [**Download** Deskbound: Standing Up to a Sitting World ...pdf](#)

 [**Read Online** Deskbound: Standing Up to a Sitting World ...pdf](#)

Deskbound: Standing Up to a Sitting World

By Kelly Starrett

Deskbound: Standing Up to a Sitting World By Kelly Starrett

You'd better stand up for this bit of news.

Sitting can wreak havoc on your health, and not just in the form of minor aches and pains. Recent studies show that too much sitting contributes to a host of diseases—from obesity and diabetes to cancer and depression. The typical seated office worker suffers from more musculoskeletal injuries than those workers who do daily manual labor. It turns out that sitting is as much an occupational risk as is lifting heavy weights on the job. The facts are in: sitting *literally shortens your life*. Your chair is your enemy, and it is murdering your body.

In this groundbreaking new book, Dr. Kelly Starrett—renowned physical therapist and author of the *New York Times* and *Wall Street Journal* bestseller *Becoming a Supple Leopard*—unveils a detailed battle plan for surviving our chair-centric society. *Deskbound* provides creative solutions for reducing the amount of time you spend perched on your backside, as well as strategies for transforming your desk into a dynamic, active workstation that can improve your life.

You will learn how to:

Easily identify and fix toxic body positions

Eradicate back, neck, and shoulder pain

Mitigate carpal tunnel syndrome forever

Organize and stabilize your spine and trunk

Walk, hinge, squat, and carry with peak skill

Perform daily body maintenance work using 14 mobility templates for resolving pain and increasing range of motion

Whether your goal is to maximize your performance in or out of the workplace, lose weight, or simply live pain-free, *Deskbound* will work for you. It is a revolutionary cure for death-by-desk.

Deskbound: Standing Up to a Sitting World By Kelly Starrett Bibliography

- Sales Rank: #7544 in Books

- Brand: imusti
- Published on: 2016-04-26
- Released on: 2016-04-26
- Original language: English
- Number of items: 1
- Dimensions: 10.00" h x 1.10" w x 8.00" l, .0 pounds
- Binding: Hardcover
- 368 pages

 [Download Deskbound: Standing Up to a Sitting World ...pdf](#)

 [Read Online Deskbound: Standing Up to a Sitting World ...pdf](#)

Editorial Review

Users Review

From reader reviews:

Deanna Stewart:

Throughout other case, little folks like to read book Deskbound: Standing Up to a Sitting World. You can choose the best book if you appreciate reading a book. Given that we know about how is important a new book Deskbound: Standing Up to a Sitting World. You can add information and of course you can around the world with a book. Absolutely right, since from book you can recognize everything! From your country till foreign or abroad you will end up known. About simple issue until wonderful thing you are able to know that. In this era, we can open a book or maybe searching by internet unit. It is called e-book. You should use it when you feel fed up to go to the library. Let's read.

Ralph Capra:

A lot of people always spent all their free time to vacation or go to the outside with them family members or their friend. Do you know? Many a lot of people spent they free time just watching TV, or even playing video games all day long. If you wish to try to find a new activity honestly, that is look different you can read some sort of book. It is really fun for you. If you enjoy the book that you read you can spent all day long to reading a publication. The book Deskbound: Standing Up to a Sitting World it is very good to read. There are a lot of folks that recommended this book. These people were enjoying reading this book. When you did not have enough space to deliver this book you can buy typically the e-book. You can m0ore effortlessly to read this book from your smart phone. The price is not very costly but this book possesses high quality.

Irma Chavez:

The reason? Because this Deskbound: Standing Up to a Sitting World is an unordinary book that the inside of the book waiting for you to snap that but latter it will shock you with the secret the item inside. Reading this book alongside it was fantastic author who also write the book in such remarkable way makes the content interior easier to understand, entertaining technique but still convey the meaning totally. So , it is good for you because of not hesitating having this any longer or you going to regret it. This book will give you a lot of advantages than the other book include such as help improving your ability and your critical thinking way. So , still want to hold off having that book? If I had been you I will go to the e-book store hurriedly.

Rose Watkins:

The book untitled Deskbound: Standing Up to a Sitting World contain a lot of information on this. The writer explains her idea with easy method. The language is very straightforward all the people, so do certainly not

worry, you can easy to read this. The book was authored by famous author. The author provides you in the new era of literary works. It is easy to read this book because you can keep reading your smart phone, or program, so you can read the book in anywhere and anytime. If you want to buy the e-book, you can open up their official web-site and also order it. Have a nice examine.

Download and Read Online Deskbound: Standing Up to a Sitting World By Kelly Starrett #VAEX2RND3FG

Read Deskbound: Standing Up to a Sitting World By Kelly Starrett for online ebook

Deskbound: Standing Up to a Sitting World By Kelly Starrett Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Deskbound: Standing Up to a Sitting World By Kelly Starrett books to read online.

Online Deskbound: Standing Up to a Sitting World By Kelly Starrett ebook PDF download

Deskbound: Standing Up to a Sitting World By Kelly Starrett Doc

Deskbound: Standing Up to a Sitting World By Kelly Starrett Mobipocket

Deskbound: Standing Up to a Sitting World By Kelly Starrett EPub

VAEX2RND3FG: Deskbound: Standing Up to a Sitting World By Kelly Starrett