



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:

Adam Jones:

The book Deskbound: Standing Up to a Sitting World gives you the sense of being enjoy for your spare time. You need to use to make your capable considerably more increase. Book can being your best friend when you getting strain or having big problem with the subject. If you can make reading through a book Deskbound: Standing Up to a Sitting World to become your habit, you can get much more advantages, like add your personal capable, increase your knowledge about a number of or all subjects. You may know everything if you like wide open and read a e-book Deskbound: Standing Up to a Sitting World. Kinds of book are a lot of. It means that, science guide or encyclopedia or other folks. So , how do you think about this publication?

Debra Jones:

Deskbound: Standing Up to a Sitting World can be one of your starter books that are good idea. Many of us recommend that straight away because this reserve has good vocabulary that could increase your knowledge in terminology, easy to understand, bit entertaining however delivering the information. The article author giving his/her effort to set every word into enjoyment arrangement in writing Deskbound: Standing Up to a Sitting World nevertheless doesn't forget the main position, giving the reader the hottest and based confirm resource data that maybe you can be certainly one of it. This great information may drawn you into completely new stage of crucial imagining.

Jacki Peters:

The book untitled Deskbound: Standing Up to a Sitting World contain a lot of information on the idea. The writer explains your ex idea with easy method. The language is very straightforward all the people, so do not worry, you can easy to read this. The book was written by famous author. The author brings you in the new period of literary works. You can actually read this book because you can read on your smart phone, or device, so you can read the book within anywhere and anytime. In a situation you wish to purchase the e-book, you can open up their official web-site in addition to order it. Have a nice learn.

David Saenz:

Beside this Deskbound: Standing Up to a Sitting World in your phone, it may give you a way to get more close to the new knowledge or details. The information and the knowledge you can got here is fresh from your oven so don't possibly be worry if you feel like an older people live in narrow small town. It is good thing to have Deskbound: Standing Up to a Sitting World because this book offers to your account readable information. Do you at times have book but you do not get what it's facts concerning. Oh come on, that will not end up to happen if you have this within your hand. The Enjoyable option here cannot be questionable,

just like treasuring beautiful island. Use you still want to miss that? Find this book and read it from today!

Download and Read Online Deskbound: Standing Up to a Sitting World By Kelly Starrett #RMV4XUGDCW7

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