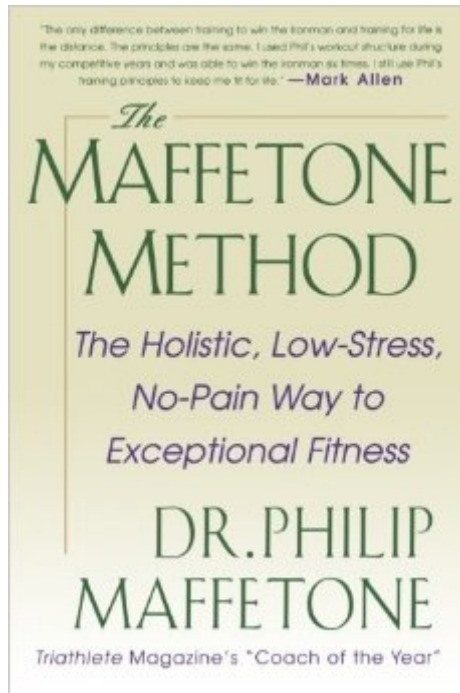


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# The Maffetone Method: The Holistic, Low-Stress, No-Pain Way To Exceptional Fitness



## Synopsis

Dr. Maffetone's unique training system for champions proves that the kinder, gentler approach actually works the best. This fitness regimen has worked for champions and non-athletes alike because it's based on Dr. Philip Maffetone's deep understanding of how the body works. Maffetone has used that knowledge to develop The Maffetone method, his successful low-stress fitness program, which can be tailored to any individual. It means "training slower to go faster," says Mike Pigg, world champion triathlete and Maffetone client. The Maffetone Method includes: A ten step program to reduce stress and increase overall fitness; Exercise techniques designed for increased results with decreased pain; The real lowdown on some of those fad diets. In short, this is a fitness regimen for champions that everyone can use to reach their own goals whether it be running a marathon or walking around the block.

## Book Information

Paperback: 198 pages

Publisher: International Marine/Ragged Mountain Press; 1 edition (August 10, 1999)

Language: English

ISBN-10: 0071343318

ISBN-13: 978-0071343312

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 13.3 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (49 customer reviews)

Best Sellers Rank: #197,598 in Books (See Top 100 in Books) #46 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Aerobics](#) #268 in [Books > Health, Fitness & Dieting > Alternative Medicine > Holistic](#) #762 in [Books > Self-Help > Stress Management](#)

## Customer Reviews

I am 48 years old and have exercised since I was 14. I have read this book three times. It is a godsend. Every concept, every suggestion, every analysis given has proven to be accurate for me. I first changed my training shoes per instructions with amazing results. Second, I purchased a Heart Rate Monitor and it has become my most important training aid. Third, I have slowed my training pace and increased my training time considerably and have received performance results, excellent health and mental calmness eclipsing anything that I have previously experienced. My whole training program is now focused on health. This book should be mandatory reading in High School health classes. If I could give it 10 stars, I would.

Reading this book was a revelation. Not only did I discover that I'm carbohydrate intolerant but I also found out that I have been exercising too hard (anaerobically) for several years now while I'm jogging. After following Dr. Maffetone's carbohydrate intolerance diet and making an effort to jog at a lower heart rate, I feel so much better. My quality of life has gone up because Dr. Maffetone shares information that others don't. I highly recommend this book to other non-professional athletes like myself.

The Maffetone method is not revolutionary and is not a break-through. Hence the title of this book may be a bit misleading. The MAF method is simply low heart-rate walking in order to burn maximal amounts of fat (instead of carbs) while exercising. The author makes a very strong case for something that any runner knows: slow running builds fitness, is easy on the joints, and also is maximally effective in promoting weight loss. What makes the book strong is the author's ability to take the time and explain the rationale behind this method of slow aerobic burn. I appreciate mixing theory and practice and presenting his case in an intelligent and learned manner. For those who are not exercisers and who are looking for weight loss, this is a very important book to explain the rationale and get one going. The book is best used in conjunction with a heart rate monitor.

Dr. Maffetone keeps it simple when it applies to fitness; low stress, realistic, achievable goals-nutritional know-how, facts vs. myths, how to train, i.e. with regard to time, heart rate and choice of exercise along with continuously answering why and how. I derived much useful info from Dr. M. with his science/experience based concepts and was able to implement his program with little or no problems. Result: vastly improved stamina, less waist, more vitality. This is a keeper

It's 2015 and I just heard an interview with the author where he did NOT recommend this book. The book is 13 years old and he said the information is lacking. Instead he encouraged people read his "Big Book."

This is the best fitness book that I can think of. I do not read these books very much because I am generally skeptical of these sorts of things. I must say this is an exception. Dr Maffetone is very pragmatic and sensible in his approach to fitness and this book could apply to anyone who reads it. I have run 3 marathons now and this has helped me immensely in my most recent run. Additionally, I have been a competitive athlete throughout my life and I think this has improved my performance.

You will not regret buying this book.

dr. phil maffetone should be--and will be-- a household name. his balanced approach to living well will keep all followers out of harm's way. on his hit list: stress, carbohydrates, bad diet, not listening to your body. there is a method to his "maffetone madness," and i suggest giving this book to all your workaholic friends and family members. toss out "sugar busters," dr. atkins, the zone, etc. you need only one book that makes sense of what we should and shouldn't put in our bodies; this is THAT book.

I read this book because a coworker very strongly recommended it to me. He also recommended that I try it. Initially I dropped some weight and was pretty well convinced that it worked but I held out the final acceptance until this past weekend when I ran a half marathon and came within striking distance of a personal best. I do not agree with all of the arguments of the book. But I have tried running at a slower rate to maintain my lower heart rate and it has worked out well for me. I suggest reading this work and implementing the parts that are right for you.

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