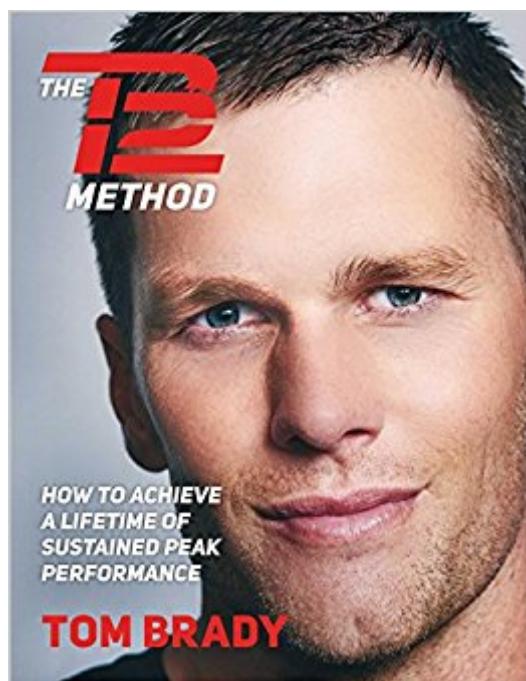


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# The TB12 Method: How To Achieve A Lifetime Of Sustained Peak Performance



## Synopsis

The first book by New England Patriots quarterback Tom Brady—“the five-time Super Bowl champion who is still reaching unimaginable heights of excellence at forty years old”—a gorgeously illustrated and deeply practical “athlete’s bible” that reveals Brady’s revolutionary approach to sustained peak performance for athletes of all kinds and all ages. In modern sports, some athletes have managed to transcend their competition in a way that no one will ever forget: Jordan. Jeter. Ali. Williams. These elite legends have changed the game, achieved the unthinkable, and pushed their bodies to unbelievable limits. Joining their exclusive ranks is Tom Brady. “Brady is the healthiest great champion the NFL has ever had, both physically and mentally” (Sally Jenkins, *The Washington Post*). The longtime New England Patriots quarterback, who in 2017 achieved his fifth Super Bowl win and fourth Super Bowl MVP award, is widely regarded as an athlete whose training and determination pushed him from a mediocre draft position to the most-revered and respected professional football player of his generation. In *The TB12 Method*, Tom Brady explains how he developed his groundbreaking approach to long-term fitness, presenting a comprehensive, step-by-step guide to his personal practice. Brady offers the principles behind pliability, which is at the heart of a new paradigm shift and movement toward a more natural, healthier way of exercising, training, and living—and one that challenges some commonly held assumptions around health and wellness. Filled with lessons learned from Brady’s own peak performance training, and step-by-step action steps to help readers develop and maintain their own peak performance, *The TB12 Method* also advocates for more effective approaches to strength training, hydration, nutrition, supplementation, cognitive fitness, recovery, and other lifestyle choices that dramatically decrease the risk of injury while amplifying and extending performance, as well as quality of life. After using his methods for over a decade, Brady believes that the TB12 approach has made him—and can make any athlete, male or female, in any sport and at any level—achieve their own peak performance. With instructions, drills, photos, in-depth case studies that Brady himself has used, as well as personal anecdotes and experiences from on and off the field, *The TB12 Method* is the only book an athlete will ever need, a playbook from Brady himself that will change the game.

## Book Information

Hardcover: 320 pages

Publisher: Simon & Schuster (September 19, 2017)

Language: English

ISBN-10: 1501180738

ISBN-13: 978-1501180736

Product Dimensions: 8.4 x 1 x 10.9 inches

Shipping Weight: 3.2 pounds (View shipping rates and policies)

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## Customer Reviews

“Brady is the healthiest great champion the NFL has ever had, both physically and mentally. That is the most interesting and important aspect of his trajectory. His revolutionary act has been to seize control of his own body from a league that specializes in ruining men with Mesozoic training methods. . . . On the cusp of 40, he has never looked or played better in his life, and he appears to have more years left in those strikingly limber arms and legs.” •Sally Jenkins, The Washington Post

Tom Brady is the quarterback of the New England Patriots, a team he has played for since 2000. During his time with the team, he has won five Super Bowls, and in four of them was named MVP (Super Bowl XXXVI, XXXVIII, XLIX, and LI). Additionally, he has won two league MVP awards (2007 and 2010), has been selected to twelve Pro Bowls, and has led the New England Patriots to more division titles (fourteen) than any other quarterback in NFL history. As of the end of the 2016 season, Brady is fourth all-time in career passing yards, fourth in career touchdown passes, and third in career passer rating. With a career postseason record of 25-9, he has won more playoff games than any other quarterback, and appeared in more playoff games than any player at any position. The TB12 Method is his first book.

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