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In DESKBOUND, Dr Kelly Starrett - physical therapist and author of the New York Times and Wall Street Journal bestselling book *Becoming a Supple Leopard* (Victory Belt, 2015, also available) - unveils how your sedentary lifestyle is killing you and, more important, what you can do to change it. DESKBOUND offers a detailed battle plan for surviving the chair and reclaiming your birth right of ...

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Deskbound: Standing Up To a Sitting World is the latest book by Dr. Kelly Starrett, author of the fantastic book 'Becoming A Supple Leopard', hailed as essentially the bible of mobility and self-cure for athletes and office workers with niggling aches and pains. Deskbound is all about the issues

associated with sitting along with a large practical base of self-cures just like 'Becoming A Supple Leopard'.

Deskbound: Standing Up To a Sitting World Review - Ignore ...

Designed to combat the evils of perpetual sitting, Deskbound is both an education in the principles of human mobility and a complete recovery kit for those living the "deskbound" life.

Deskbound: Standing Up to a Sitting World by Kelly Starrett

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Kelly Starrett's 'Deskbound: Standing Up to a Sitting ...

Kelly Starrett, physical therapist and author of the new book "Deskbound: Standing Up to a Sitting World" a guide that aims to mitigate back pains, carpal tunnel aches and myriad other ailments currently afflicting desk jockies worldwide....Science backs him up: A recent study published in the American Journal of Clinical Nutrition found that physical inactivity is a bigger risk factor in mortality than obesity.

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Deskbound: Sitting is the New Smoking In Kelly Starrett's (of MobilityWOD fame) new book "Deskbound: Standing Up To A Sitting World " he talks about the dangers of sitting too much, even going so far as to likening it to the smoking epidemic of the last several decades of the 20th century.

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He offers that sitting is now considered to be the new smoking. Deskbound is a reference book divided into sections where an introduction is given about various topics and more detailed information is covered as the chapters of the sections are investigated. Posture and moving well are covered in the early part of the book.

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