

benefits of sledgehammer training

benefits of sledgehammer training extend across various aspects of physical fitness and athletic performance. This form of training involves swinging a heavy sledgehammer against a tire or other solid surface, providing a functional full-body workout. It is an effective method to develop strength, power, endurance, and coordination simultaneously. Incorporating sledgehammer training into fitness routines can enhance muscle engagement, improve cardiovascular health, and boost mental toughness. Additionally, it offers dynamic movement patterns that mimic real-world physical activities, making it a practical choice for athletes and fitness enthusiasts alike. This article explores the key advantages of this unique training method and how it contributes to overall health and performance.

- Enhanced Strength and Power Development
- Improved Cardiovascular Conditioning
- Full-Body Functional Training
- Increased Core Stability and Balance
- Mental Toughness and Stress Relief
- Versatility and Accessibility of Sledgehammer Workouts

Enhanced Strength and Power Development

Sledgehammer training is highly effective for building both strength and explosive power. The swinging motion requires significant force generation from the upper body, core, and lower body muscles, making it a compound movement that targets multiple muscle groups simultaneously. The resistance provided by the heavy hammer challenges the muscles to adapt, leading to increased muscle hypertrophy and strength gains over time.

Upper Body Muscle Engagement

The primary muscles involved in sledgehammer swings include the shoulders, arms, chest, and upper back. Repeatedly swinging a heavy hammer activates the deltoids, biceps, triceps, and pectorals, promoting muscular endurance and strength. This type of training can improve performance in other upper-body-intensive activities such as lifting, throwing, and grappling.

Lower Body Contribution

Though the motion is dominated by the upper body, the lower body plays a crucial role in stabilizing and generating power. The hips, glutes, quads, and hamstrings engage during the swing to provide a strong foundation and transfer force effectively. This involvement helps develop lower body strength and explosive power, beneficial for athletic movements like jumping and sprinting.

Explosive Power and Speed

The dynamic nature of sledgehammer training encourages the development of fast-twitch muscle fibers, enhancing overall explosive power and speed. This is particularly advantageous for athletes seeking to improve their performance in sports requiring quick bursts of force.

Improved Cardiovascular Conditioning

Sledgehammer training is not only beneficial for strength but also serves as an excellent cardiovascular workout. The continuous swinging motion elevates heart rate and promotes aerobic and anaerobic conditioning. This combination enhances endurance and overall cardiovascular health.

High-Intensity Interval Training (HIIT) Potential

Incorporating sledgehammer swings into HIIT workouts allows for intense exercise intervals followed by brief rest periods. This approach maximizes calorie burn and improves cardiovascular capacity efficiently.

Calorie Expenditure and Fat Loss

The vigorous nature of sledgehammer training results in significant calorie expenditure, contributing to fat loss and improved body composition. This makes it an effective tool for weight management and metabolic health.

Full-Body Functional Training

Sledgehammer training emphasizes functional movements that replicate real-life physical activities. Its compound, multi-joint motions improve coordination and muscle synergy, translating to enhanced performance in everyday tasks and sports.

Coordination and Motor Skills

The rhythmic swinging action requires precise timing, hand-eye coordination, and motor control. Regular practice enhances neuromuscular coordination, making movements more efficient and reducing injury risk.

Muscle Balance and Symmetry

Alternating swings between left and right sides promotes balanced muscle development, addressing asymmetries that can lead to imbalances and injuries.

Increased Core Stability and Balance

The core muscles play a pivotal role in stabilizing the body during sledgehammer swings. Engaging the abdominals, obliques, and lower back muscles improves core strength and stability, which are essential for maintaining balance and posture.

Anti-Rotational Strength

The twisting and swinging motions develop anti-rotational strength in the core, enhancing the ability to resist rotational forces during sports and daily activities.

Postural Benefits

Strengthening the core through sledgehammer training supports better spinal alignment and posture, reducing the likelihood of back pain and improving overall functional movement.

Mental Toughness and Stress Relief

Beyond physical benefits, sledgehammer training also contributes to mental resilience and emotional well-being. The intense, repetitive nature of the exercise fosters discipline, focus, and determination.

Stress Reduction

Swinging a sledgehammer can serve as a powerful outlet for releasing tension and stress. The physical exertion combined with rhythmic motion promotes the release of endorphins, enhancing mood and reducing anxiety.

Building Mental Resilience

Challenging workouts like sledgehammer training encourage perseverance and mental toughness, qualities that translate to other areas of life and athletic performance.

Versatility and Accessibility of Sledgehammer Workouts

Sledgehammer training is highly adaptable and can be performed in various settings, making it accessible for many fitness levels and goals.

Minimal Equipment Requirements

All that is needed is a sledgehammer and a sturdy striking surface, such as a tire or a large piece of wood. This simplicity allows for easy integration into home gyms, outdoor workouts, or professional training facilities.

Customizable Workouts

The intensity and duration of sledgehammer training sessions can be tailored to individual fitness levels. Beginners can start with lighter hammers and fewer repetitions, while advanced athletes can increase weight, speed, and volume for greater challenge.

Complementary to Other Training Modalities

Sledgehammer workouts complement traditional strength training, cardio, and flexibility exercises, providing a well-rounded fitness regimen that enhances overall athleticism.

- Minimal equipment needed
- Scalable intensity and complexity
- Suitable for indoor and outdoor use
- Enhances multiple fitness components simultaneously

Frequently Asked Questions

What are the primary benefits of sledgehammer training?

Sledgehammer training improves overall strength, endurance, and power, while also enhancing core stability and coordination.

How does sledgehammer training help with fat loss?

Sledgehammer training is a high-intensity workout that boosts metabolism and burns a significant amount of calories, aiding in fat loss.

Can sledgehammer training improve grip strength?

Yes, repeatedly swinging and controlling a sledgehammer strengthens the forearms and improves grip strength.

Is sledgehammer training effective for building functional strength?

Absolutely. The dynamic, full-body movements involved mimic real-life physical tasks, making it excellent for developing functional strength.

How does sledgehammer training benefit cardiovascular health?

The continuous, rhythmic swinging motions increase heart rate, providing a cardiovascular workout that improves heart and lung function.

Can sledgehammer training enhance core stability?

Yes, the rotational and swinging actions engage the core muscles intensely, leading to improved core stability and strength.

Is sledgehammer training suitable for beginners?

Beginners can do sledgehammer training with proper guidance and technique, starting with lighter swings to build strength and avoid injury.

What muscles are targeted during sledgehammer training?

Sledgehammer training targets multiple muscle groups including the shoulders, arms, back, core, and legs, providing a comprehensive full-body workout.

Additional Resources

1. *Smash Strength: Unlocking Power Through Sledgehammer Training*

This book delves into the unique benefits of sledgehammer workouts, emphasizing how swinging and striking improve overall strength and endurance. It offers step-by-step routines designed to boost muscular power and cardiovascular fitness. Readers will learn proper technique to maximize results while minimizing injury risk.

2. *The Sledgehammer Advantage: Building Explosive Fitness*

Explore the science behind sledgehammer training and its ability to develop explosive strength and fat-burning capabilities. The author provides comprehensive programming tips for athletes and fitness enthusiasts seeking functional power. Included are variations that cater to all skill levels.

3. *Hammer Time: Transform Your Body with Sledgehammer Workouts*

This guide focuses on the transformative effects of sledgehammer training for improving core stability, grip strength, and coordination. It features diverse workout plans incorporating sledgehammer swings, strikes, and conditioning drills. The motivational insights help maintain consistency and progress.

4. *Power Strikes: The Ultimate Sledgehammer Training Manual*

Designed as an all-in-one resource, this manual covers everything from basic moves to advanced sledgehammer techniques. It highlights the benefits of this unconventional tool for building functional strength and mental toughness. Safety tips and injury prevention strategies are also emphasized.

5. *Forged by Steel: Enhancing Athletic Performance with Sledgehammer Training*

Targeted at athletes, this book showcases how sledgehammer training can improve speed, agility, and muscular endurance. It explains the biomechanics behind each movement and how they translate to better sports performance. Practical advice helps incorporate sledgehammer drills into existing training regimens.

6. *Strike Strong: A Beginner's Guide to Sledgehammer Fitness*

Perfect for newcomers, this title breaks down the fundamentals of sledgehammer workouts in an approachable way. It provides easy-to-follow exercises to build foundational strength and cardiovascular health. The book also addresses common mistakes and how to avoid them.

7. *Iron Impact: Harnessing the Power of Sledgehammer Training for Fat Loss*

Focusing on weight loss, this book illustrates how high-intensity sledgehammer exercises can accelerate metabolism and burn calories efficiently. It includes metabolic conditioning circuits and tips for nutrition to support fat loss goals. Readers will find motivation to push past plateaus.

8. *The Sledgehammer Solution: Functional Fitness for Real-World Strength*

This book emphasizes the practical applications of sledgehammer training for everyday strength and injury prevention. It covers functional movement patterns and how sledgehammer workouts enhance joint stability and mobility. The holistic approach appeals to fitness enthusiasts of all ages.

9. *Hard Hits: Mental and Physical Benefits of Sledgehammer Training*

Beyond physical gains, this title explores the psychological advantages of sledgehammer workouts, such as stress relief and improved focus. It combines fitness science with mental conditioning techniques to foster resilience. Personal anecdotes and success stories inspire readers to embrace this dynamic training method.

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benefits of sledgehammer training: *Tire and Sledgehammer Workout for Beginners* Eric BLACK, 2019-02-08 Who would have thought that training with sledgehammers would be one of the best ways for functional strength and conditioning? One of the oldest forms of training around is becoming a staple of building fantastic results for athletes and everyone else looking to become a force to be reckoned with. I can remember many years ago using sledgehammers for destruction; tearing down walls and breaking up concrete when I worked in construction. When I was done with a long day's work with the sledgehammer, I felt like a badass, even though I was tired as hell. My forearms would be the size of grapefruits, and my core, shoulders, back, and grip would be sore for days. When you think of old school training methods, the sledgehammer is one of the first things that probably comes to mind. In regards to building and developing raw strength and explosive power, nothing beats it. Of course, the primary recipient of your destructive sledgehammer swings is a large tractor tire. Sledgehammers come in many weights: from 4 pounds, all the way up to 30+ lbs, and some are even bigger. Along with many of the physical benefits that come with sledgehammer training, you also feel damn good just swinging and slamming it down. It brings out your innate raw power and leaves you feeling like a superhero (or villain, depending on your mood). You just can't get this feeling from any piece of equipment that a fancy gym might provide.

benefits of sledgehammer training: *Advanced Circuit Training* Richard (Bob) Hope, Debbie Lawrence, 2015-09-24 Fitness Professionals: Advanced Circuit Training is the advanced companion to the definitive Fitness Professionals: Circuit Training. There are around 60,000 qualified gym instructors and personal trainers in the UK alone, with several thousand more qualifying each year. The Register of Exercise Professionals' (REPs) Level 3 qualification is seen as the principal goal for all instructors, and a key part of this is advanced circuit training. Building on the basics of the first book, this new title is the only book in the market that specifically deals with more complex and innovative circuit methods - including kettlebell exercises, boxercise and increasingly popular 'boot camp' military-style exercise - and which actively helps trainers in the industry achieve their professional qualifications. Using step-by-step guidance to planning and coordinating sessions and illustrated by quality photographs, Advanced Circuit Training is written in accordance with REPs national standards for Level 3.

benefits of sledgehammer training: *Functional Training and Beyond* Adam Sinicki, 2021-01-19 Train Like a Superhero I recommend this book to all personal trainers, training geeks, and people who just want to learn about different training methods and philosophies." —JC Santana, author of Functional Training #1 Best Seller in Physical Education and Coaching Body and Brain Training Designed to Unlock Your Amazing Hidden Potential Change your life. Many of us have forgotten how to move correctly. We live with muscular imbalances, constant pain, and low energy. Adam Sinicki is on a mission to change this. He is best known for his YouTube channel "The

Bioneer”, where he provides expertise on functional training, brain training, productivity, flow states, and more. Be better than just functional. Currently, functional training is exercise as rehabilitation. It aims to restore normal, healthy strength and mobility using compound and multi-faceted movements. In *Functional Training and Beyond*, Adam reveals how to become “better than just functional.” We can improve our physical performance and our mental state. We can train to move better, think more clearly, feel energetic, and live more efficiently. Advanced way to train. Until now working out has had one of two goals—get bigger or get leaner. But why are those the only goals? What if there was a third, practical, healthy and exciting way to train our body and our mind? Learn how we can train our brains just like our bodies, and how to incorporate this into a comprehensive, well-rounded program. Discover: New ways to train body and mind Training for greater mobility, less pain, improved mood, and increased energy The fun of training with kettlebells, calisthenics, clubbells, street workouts, animal moves, handstands, rope climbs, isometrics, and more Fans of *Overcoming Gravity*, *You Are Your Own Gym*, *The World’s Fittest Book*, *New Functional Training for Sports*, or *Calisthenics for Beginners*—discover a new and better way to train both your body and mind in *Functional Training and Beyond*!

benefits of sledgehammer training: *eXplode: The X Fitness Training System* Gino Arcaro, Sought after his entire adult life to help others achieve their workout goals, Arcaro put his weight lifting theories and routines into this manual. His “Case Studies,” true stories from his 40+ years of working out (completely natural) bring a sense of reality to the average gym-goer who just wants to get in shape, stay in shape, and most-importantly, not quit. No gimmicks, just discussion and formulas that can be tailored to any situation regardless of how long or how intensely one has been working out.

benefits of sledgehammer training: *The Complete Guide to Kettlebell Training* Allan Collins, 2015-12-08 The perfect introduction to kettlebell training, a hugely popular piece of equipment with tried and tested results. A kettlebell is a weight that looks like a cannonball with a handle. Originating from Russia, kettlebell training is now a global phenomenon with clubs, gyms and individuals investing in equipment and training. Weights range from 4kg to 48kg. They differ from dumbbells and barbells in that the centre of mass is offset from the handle, so the weight constantly pulls against your hand, improving coordination and anaerobic fitness and strengthening your core muscles. Kettlebells can be used for a variety of purposes - from weight loss to strength training - by people with a range of fitness levels. Popular with celebrities such as Penelope Cruz and Sylvester Stallone, they are also used for training players at Chelsea and Liverpool football clubs, and in 2010 the British Army got on board when their PTI corp (responsible for the Army's physical training) signed up to a 30-day course designed and implemented by the author. The book includes information on the benefits of kettlebell training and how to use the equipment safely, and provides warm-ups, drills and training programmes for beginner, intermediate and advanced levels. From buying a kettlebell to training for weight loss, it's a comprehensive guide to a popular new fitness tool.

benefits of sledgehammer training: *Designing Training* Alison Hardingham, 1996 This volume provides practical guidance on selecting and providing training that is best for the trainees and for the organization. It examines: the nature of training; training choices; setting objectives; the possibilities in composing participant groups; the key dimensions of training design; process interventions; and the particular issues in training mixed personality groups. Interactive case studies illustrate the design points discussed.

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benefits of sledgehammer training: **ADVANCED HILL TRAINING** Rahul Mookerjee, 2018-02-20 If the idea of “eating more and weighing less” sounds appealing to YOU, you’re at the right page - so keep reading, my friend. If the idea of “eating more and weighing less” sounds

ludicrous and downright unbelievable to you -- well, you're still at the right place -- although you're wrong and you'll soon find out why. If the idea of burning -- nay, incinerating body fat off yourself quicker than lard off a greasy pork chop on a George Foreman grill sounds appealing -- well -- READ ON! And yes -- you read the "quicker" part right. These routines will literally start to melt fat off your body as you DO the actual exercises. You'll literally see your body "changing shape" before your very eyes as you huff, puff and pant like NEVER before. The sweat will start pouring within the space of a few seconds -- and the heart will start pounding like a runaway sledgehammer on speed. Your ENTIRE body will shake from head to toe after about 10 seconds or so of doing some of these routines at the right cadence -- and a minute -- or 2 minutes? Well, let's just say that even advanced BODYWEIGHT trainees will fall flat on their faces the first time they attempt some of the stuff I'm outlining here. And the average gym goer -- well, he (or she) will be doing good to simply get into some of the positions mentioned here in let alone actually "go" for any period of time in terms of the exercises. And amidst all this you'll lose weight -- OODLES of it, and FAST! Most importantly though, you'll learn about the secret keys to burning fat off quickly -- and boatloads of it at that -- within the space of a few minutes (or seconds when you first start out). Hint -- it's not long drawn out routines at the gym -- and no -- it's NOT sessions on the treadmill -- and it certainly isn't "pounding the pavement" for hours until your bones, joints and muscles literally CREAK with exhaustion. Here are but SOME of the benefits you WILL get from following these exercises/routines -- The secret KEY(S) that will enable you to blast fat off your frame quicker than ever before. And guess what, though this works the best on hills, you can certainly incorporate these keys into flat ground training as well. Overall core strength from Cain and a solid, chiseled midsection that will be the envy of onlookers. The ability to literally "see" and "feel" fat melting off your frame -- specifically, your midsection as you do these exercises! And you will know what I mean once you cast a downward eye at your midsection as your gasping for AIR after a tough set of some of this! A solid upper body workout and powerful wrists, forearms, shoulders and upper back -- all WITHOUT doing a single pushup or pull-up. Slim, yet powerful thighs and toned, strong calves with that diamond "bursting out" shape you've always wanted, yet never been able to get! You'll be BUZZING with energy -- literally all day long -- after a few minutes of doing these exercises! Rid yourself of irritable bowel syndrome (the bane of modern day living it seems), a bloated "Buddha Belly" that seems to "bulge in all the wrong areas" (if you get my drift), constipation (another modern day malady) -- and a host of other digestive issues that have likely been plaguing you for a while now. You'll be loose and limber all day long after just a few SECONDS of these exercises, and will feel like a trillion bucks as well. Again, that energy will just RADIATE from you -- onlookers will be amazed at the change in your "internal" energy levels and YOU will be left stunned at the ease and speed with which you tackle projects which previously took you forever (or never) to finish! Sample workouts that will get the blood ROARING and the fat burning incinerator in your body going FULL BLAST -- but guess what? These are but a few workouts. The SKY and your imagination are the limit here in terms of the sheer number of workouts you can put together using these movements.

benefits of sledgehammer training: Fire Officer's Guide to Occupational Safety & Health Ron Kanterman, 2019-02-22 There has to be accountability at every level of the organization from the chief to the rookie. Company officers have to step up and remind those under their command of safe operations and related procedures. Accountability at all levels is key to the success of any program, and it's the key to survival when it comes to firefighter safety. Chief Ron Kanterman's Fire Officer's Guide to Occupational Safety & Health is a guide to safe operations and a healthy work force. Who needs this book? Fire chiefs, fire officers, incident safety officers, and health and safety officers Why? To gain the tools they need to operate the department within some acceptable parameters of safety and occupational health Ask yourself these questions: --Have you made firefighter safety and health a primary value of your organization? --Is there a culture of safety in your fire department? --Do the chief and line officers walk the walk and talk the talk? Key concepts and resources: --Risk management --Personnel protection (protecting the protectors) --Scene safety --The 16 Life Safety Initiatives and The Courage to be Safe/Everyone Goes Home program --Training --Occupational

safety and health --Fitness --Codes and standards that dictate and/or assist within the genre of health and safety

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benefits of sledgehammer training: Putin's Sledgehammer Candace Rondeaux, 2025-05-13 The astonishing inside story of the Wagner Group, the world's deadliest militia. In June 2023, the Wagner Group assembled an armed convoy that included tanks and rocket launchers and set out on what seemed like a journey to take control of Moscow. The last person to attempt such a venture was Adolf Hitler. Wagner's power began from patronage, then grew from international theft and extortion, until it was so great it exposed the weakness of Russia's conventional military and became a threat to the Russian state, one that was not demonstrably eliminated until a private jet containing Wagner's core commanders was blown up in midair. That Yevgeny Prigozhin, a local criminal thug, was able to build a private army that was on the threshold of overwhelming the world's second largest country seems incredible. In fact, it was inevitable following the hollowing out of the Russian military, the creeping use of contract groups for murky foreign missions, power struggles inside the Kremlin, and the ability of the new militias to corner and exploit the black economy. Told with unique inside sourcing and expertise, Putin's Sledgehammer is a gripping and terrifying account of a superpower that contracted its soul to a pitiless militia.

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lower your blood pressure and cholesterol levels, stabilize your blood sugar, reduce the risk of heart disease, increase your strength, and more. *Weight Training For Dummies, Third Edition*, is packed with all the information you need to start your own personalized weight training program and get yourself into peak condition fast. You'll find out about: Circuit and resistance training 20-minute weight training routines The newest and best weight training equipment Combining weight training with other exercise Gender differences in weight training goals and routines Specific approaches for baby boomers and seniors just starting out Using weight training to address specific health conditions Preventing injuries Weight training for children and teens If you're getting pumped about weight training, don't delay. Buy *Weight Training for Dummies, Third Edition* today, and you'll be in shape in no time!

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benefits of sledgehammer training: *Industrial Policy* United States. Congress. Joint Economic Committee, 1984

benefits of sledgehammer training: *Working Side by Side* Shoshanna Sumka, Melody Christine Porter, Jill Piacitelli, 2023-07-03 This book constitutes a guide for student and staff leaders in alternative break (and other community engagement, both domestic and international) programs, offering practical advice, outlining effective program components and practices, and presenting the underlying community engagement and global learning theory. Readers will gain practical skills for implementing each of the eight components of a quality alternative break program developed by Break Away, the national alternative break organization. The book advances the field of student-led alternative breaks by identifying the core components of successful programs that develop active citizens. It demonstrates how to address complex social issues, encourage structural analysis of societal inequities, foster volunteer transformation, and identify methods of work in mutually beneficial partnerships. It emphasizes the importance of integrating a justice-centered foundation throughout alternative break programs to complement direct service activities, and promotes long-term work for justice and student transformation by offering strategies for post-travel

reorientation and continuing engagement. The authors address student leadership development, issue-focused education, questions of power, privilege, and diversity, and the challenges of working in reciprocal partnerships with community organizations. They offer guidance on fundraising, budget management, student recruitment, program structures, the nuts and bolts of planning a trip, risk management, health and safety, and assessment and evaluation. They address the complexities of international service-learning and developing partnerships with grassroots community groups, non-governmental and nonprofit organizations, and intermediary organizations. For new programs, this book provides a starting point and resource to return to with each stage of development. For established programs, it offers a theoretical framework to reflect on and renew practices for creating active citizens and working for justice.

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benefits of sledgehammer training: The Men's Health Gym Bible (2nd Edition) Myatt Murphy, Michael Mejia, 2017-04-18 The Men's Health Gym Bible is the ultimate resource for the total gym experience. Men's Health fitness advisor Michael Mejia and co-author Myatt Murphy will teach you how to use various types of gym equipment for optimal strength and cardiovascular fitness. In addition to hundreds of exercises for strength and cardio equipment like free weights, stability balls, and treadmills, this updated edition is filled with exercises and expert fitness advice for cutting edge equipment like TRX suspension training, sandbags, and kettle bells. With almost 700 photos, this edition features all new images that demonstrate proper form and technique for every functional exercise. The Men's Health Gym Bible is for anyone trying to get the most out of your fitness goals, no matter what your fitness level is. Gym novices will find helpful information such as the ins and outs of gym memberships, contract negotiation tips, and how to safely use a piece of equipment for the first time. This is the ultimate resource for the total gym experience and a book that no fitness enthusiast should be without.

benefits of sledgehammer training: Learning to Be Old Margaret Cruikshank, 2013-02-14 Margaret Cruikshank's Learning to Be Old examines what it means to grow old in America today. The book questions social myths and fears about aging, sickness, and the other social roles of the elderly, the over-medicalization of many older people, and ageism. In this book, Cruikshank proposes alternatives to the ways aging is usually understood in both popular culture and mainstream gerontology. Learning to Be Old does not propose the ideas of "successful aging" or "productive aging," but more the idea of "learning" how to age. Featuring new research and analysis, the third edition of Learning to be Old demonstrates, more thoroughly than the previous editions, that aging is socially constructed. Among texts on aging the book is unique in its clear focus on the differences in aging for women and men, as well as for people in different socioeconomic groups. Cruikshank is able to put aging in a broad context that not only focuses on how aging affects women but men, as well. Key updates in the third edition include changes in the health care system, changes in how long older Americans are working especially given the impact of the recession, and new material on the brain and mind-body interconnections. Cruikshank impressively challenges conventional ideas about aging in this third edition of Learning to be Old. This will be a must-read for everyone interested in new ideas surrounding aging in America today.

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