

# **The First 20 Minutes: Surprising Science Reveals How We Can Exercise Better, Train Smarter, Live Longer**

**By Gretchen Reynolds**

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The First 20 Minutes: Surprising Science Reveals How We Can Exercise Better, Train Smarter, Live Longer by; Gretchen Reynolds

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is the author of *The First 20 Minutes: Surprising Science Reveals How We Can: Exercise Better, Train Smarter, Live* we talk to Gretchen Reynolds, [href="/people/r/?n=Gretchen+Reynolds 0">](/people/r/?n=Gretchen+Reynolds) *The First 20 Minutes: Surprising Science Reveals How We Can: Exercise Better, Train Smarter, Live*

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