

# **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 Surprising Science Reveals How We Can Exercise Better

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

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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,

*The First 20 Minutes: Surprising Science Reveals How We Can: Exercise Better, Train Smarter, Live Longer* Inspired by Reynolds's wildly popular *Phys Ed*

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