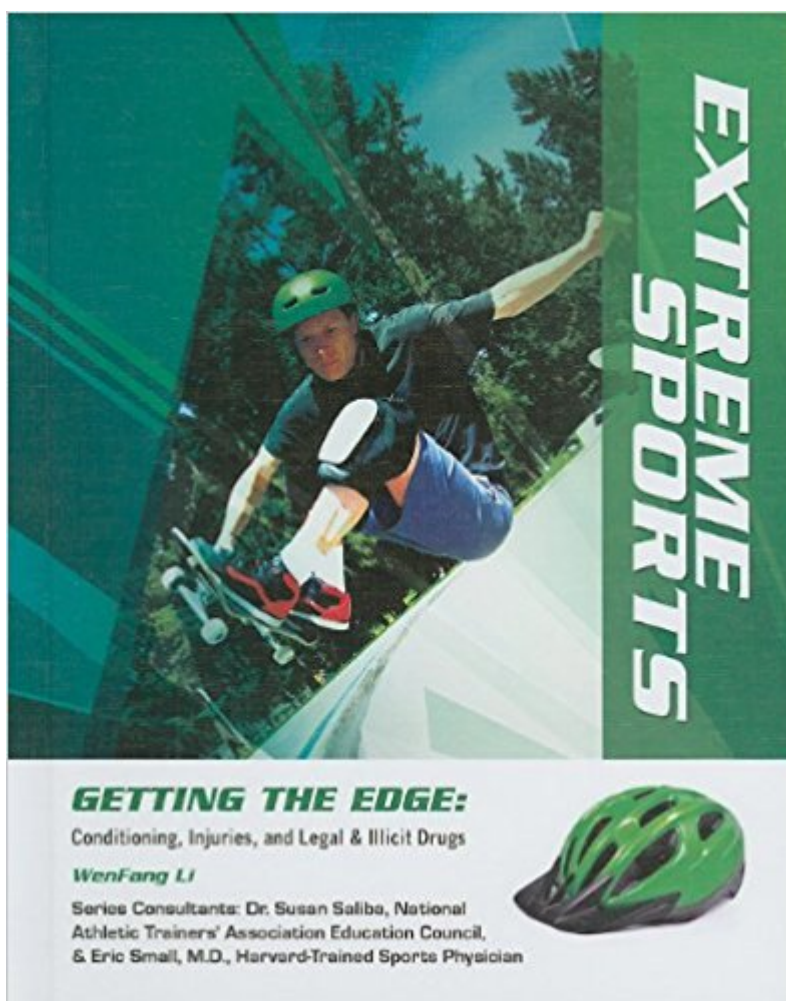


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# Extreme Sports (Getting The Edge: Conditioning, Injuries, And Legal & Illicit Drugs)



## Synopsis

Book by Li, Wenfang

## Book Information

Lexile Measure: 1170L (What's this?)

Series: Getting the Edge: Conditioning, Injuries, and Legal & Illicit Drugs

Library Binding: 96 pages

Publisher: Mason Crest Publishers (September 1, 2010)

Language: English

ISBN-10: 1422217299

ISBN-13: 978-1422217290

Product Dimensions: 9.4 x 7.5 x 0.4 inches

Shipping Weight: 13.4 ounces

Average Customer Review: Be the first to review this item

Best Sellers Rank: #13,546,548 in Books (See Top 100 in Books) #51 in [Books > Teens > Sports & Outdoors > Extreme Sports](#) #1528 in [Books > Sports & Outdoors > Extreme Sports](#) #1247727 in [Books > Children's Books](#)

Age Range: 12 and up

Grade Level: 7 and up

## Customer Reviews

Each book in the Getting the Edge: Conditioning, Injuries, and Legal & Illicit Drugs series offers a general introduction to a sport, its rules, and its history before zeroing in on health and safety concerns. In addition to the topics mentioned in the series subtitle, the books emphasize mental preparation. With different illustrations and sidebars, some variations in wording, and some added sentences (but many identical ones), the chapter "Nutrition and Supplements" appears in each volume. Scanning a broad range of activities, from parachuting to rock climbing to snowboarding, Extreme Sports takes on too much to cover everything well but provides useful information and advice on topics such as coping with fear and dealing with environmental injuries. Each book concludes with lists of recommended books and websites (though the source bibliographies include only websites). Colorful horizontal margins and photos of athletes in action give the pages a lively look. With an emphasis on physical training, safety, and illicit drug use, books in this series complement more traditional sports books. Grades 7-10. --Carolyn Phelan

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