

Dr. Jason Karp Publications

BOOKS

- Karp, J.R. (Ed.) *Track & Field Omnibook (6th Edition)*. Coaches Choice, in press.
- Karp, J.R. *Lose It Forever: The 6 Habits of Successful Weight Losers from the National Weight Control Registry*. Mango, in press.
- Karp, J.R. *Sexercise: Exercising Your Way to Better Sex*. BookBaby, 2020.
- Karp, J.R. *14-Minute Metabolic Workouts*. Skyhorse, 2017.
- Karp, J.R. *Run Your Fat Off*. Reader's Digest, 2017.
- Karp, J.R. *The Inner Runner*. Skyhorse, 2016.
- Karp, J.R. *Running a Marathon For Dummies*. Wiley, 2012.
- Karp, J.R. and Smith, C.S. *Running for Women*. Human Kinetics, 2012.
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- Karp, J.R. *101 Developmental Concepts & Workouts for Cross Country Runners*. Coaches Choice, 2010.
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- Karp, J.R. "The Components of Training for Distance Runners." In: Green, T. and Hunold-VanGundy, A. *The Ultimate Runner: Stories and Advice to Keep You Moving*. Health Communications, 2010, pp. 192-198.
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