

**Make Or Break: Don't Let Climbing Injuries Dictate  
Your Success By Dave MacLeod, Susan Jensen**



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Make or Break (Don't Let Climbing Injuries Dictate your Success) Make or Break by Dave MacLeod is as much for healthy climbers who wish to avoid injury as

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Alice coaching me on how to climb using the open hand technique. (2015) Make or Break; Don't Let Climbing Injuries Dictate Your Success,

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Make or Break: Don't Let Climbing Injuries Dictate Your Success (0956428134), 0956428134, Dave MacLeod, 9780956428134, 0956428134 at

### **Make or break: don't let climbing injuries dictate your success**

For the past 4 years or so, I have been working on a book about climbing injuries. It spells out in detail how to treat them once you have them,

### **Dave macleod - black diamond equipment**

As a Scot, Dave is schooled in both trad climbing and new routing in adventurous and 'Make or Break: Don't Let Climbing Injuries Dictate Your Success'.

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Make or break : don't let climbing injuries dictate your success (Edition 1.0). By: MacLeod, Dave. Publisher/Imprint. Rare Breed Productions. Isbn/Ean.

## **Make or break: don't let climbing book by dave macleod**

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Dave MacLeod's Make or Break: Don't Let Climbing Injuries Dictate Your Success (my review) deserves a mention. I highly recommend this

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Shoulder impingement. Rock: 35. MacLeod, D (2015). Make or Break. Don't let climbing injuries dictate your success. Rare Breed Productions.

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Make or Break: Don't Let Climbing Injuries Dictate Your Success by Dave MacLeod, Susan Jensen (Editor), John Sutherland (Illustrator) starting at £28.99. Make

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In this article from Dave MacLeod's blog, [davemacleod.blogspot.com](http://davemacleod.blogspot.com), he outlines three of the points he makes in his book about climbing

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