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Becoming Batman: The

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is a 2008 science book by

neuroscience professor E.

Paul Zehr. The book was

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7, 2008 through Johns Hopkins University Press and covers how much an ordinary person would need to train and adapt to become Batman. Becoming Batman is unique in its explicit analysis of whether or not it is

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actually possible for a
human being to achieve
Batman status through
training.

Becoming Batman - Wikipedia
In probing what a real-life

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A superhero [Paul Zehr
considers the level of
punishment a consummately
fit and trained person could
handle, how hard and fast
such a person could punch
and kick and the number of
adversaries that individual

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could dispatch, what it
would be like to fight while
wearing a batsuit, and the
amount of food one would
have to consume each day to
maintain vigilance as Gotham
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chemistry behind human body,
sleep, endurance, batimpact
on your batlife. If you've

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A Superhero EPaul Zehr
doesn't break down the
history of the character but
focuses on the physical and
mental rigors needed. While
Batman obviously needs to be
in peak physical condition,
one tip Zehr does emphasize

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is he doesn't have to be the BEST at any one discipline. He's not the fastest runner or the deadliest fighter in a given martial art, but he must at least have training in them.

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Becoming Batman: The
Possibility Of A Superhero's
Key Tips

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Becoming Batman is an
excellent case study in the

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limits of human performance
and will. This book is
exactly what you would
expect from an expert in
science and martial arts.
Even more, Zehr's writing
demonstrates his joy and
curiosity with the subject

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matter while he thoroughly
educates his audience in a
fun and engaging manner.

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Becoming Batman: The
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Becoming Batman: Author: E.
Paul Zehr: Publisher: JHU
Press, 2008: ISBN:
0801896215, 9780801896217:
Length: 320 pages: Subjects

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Becoming Batman: The
Possibility of a Superhero -
E. Paul ...

Being a lifelong Batman fan
myself, I purchased this
book out of curiosity. The
author brought a wealth of

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A Superhero E Paul Zehr
knowledge about physiology,
martial arts, injury
recovery, and, yes, Batman
to the page. Although his
knowledge on scientific
aspects physiology and
kinesiology seem a bit
tedious at moments, Zehr

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does so to prove his premise
- yes, Batman is possible.

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E. Paul ...

If there's one thing that

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has influenced the new
stuff, the 'Batman, Inc.'
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which is written by E. Paul
Zehr. It's a guy who is a
doctor, and looking into the

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Actual possibility of Batman
and what it would take to be
that person in real life:
What it would do to your
muscles and what it would do
to your head, and how long
it would take to learn the
martial arts.

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Becoming Batman: The
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Zehr, E ...

Possessing no supernatural
powers, Batman is the most
realistic of all the

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A Superhero. His feats are achieved through rigorous training and mental discipline, and with the aid of fantastic gadgets. Drawing on his training as a neuroscientist, kinesiologist, and martial

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explores the question: Could
a mortal ever become Batman?

Becoming Batman | Johns
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which is written by e paul
zehr its a guy who is a
doctor and looking into the
actual possibility of batman
and what it would take to be
that person in

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"If there's one thing that
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stuff, the 'Batman, Inc.'

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that person in real life:

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