



# The Tb12 Method: How to Do What You Love, Better and for Longer Book

The #1 New York Times bestseller by the 7-time Super Bowl champion The first book by NFL legend Tom Brady, former quarterback with the [New England Patriots](#) and Tampa Bay Buccaneers, who reached unimaginable heights of excellence into his forties--a gorgeously illustrated and deeply practical 'athlete's bible' that reveals Brady's revolutionary approach to sustained peak performance for athletes of all kinds and all ages.