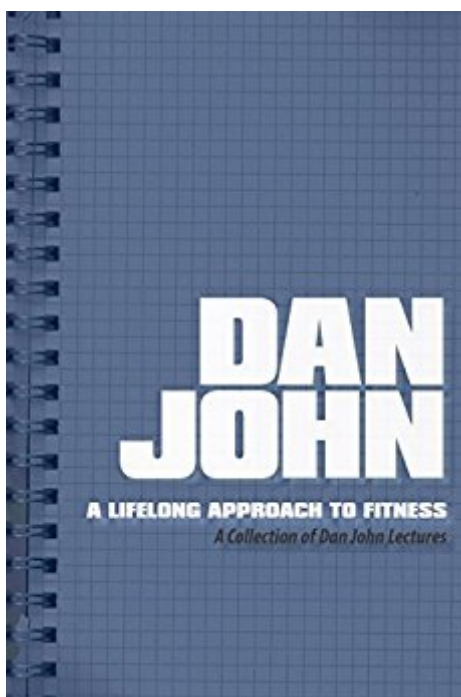


The book was found

A Lifelong Approach To Fitness: A Collection Of Dan John Lectures



Synopsis

Note from the author: In this collection of short talks, I tried to link together what I thought was crucial and important in the fitness fieldâ”and in sports in generalâ”that sometimes donâ”t work very well in something like a book or an article. These are all too long for an article, and too short for a book. But theyâ”re all very important principles, and these are all concepts I think need to be linked together.

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Customer Reviews

I like Dan John and have learned a lot reading some of his other books. I knew that I was signing myself up for a slog through Dan's stream of conscious when I bought this, but this book seems to be so random and full of non sequiturs that I am genuinely concerned for the author's mental state. Lots of cool material still, but I think I read most of that in his other books already.

As always, Dan John delivers the goods! Solid gold!

As I have grown to expect from Dan John this is a fun read with humor and tons of good health and fitness information.

Learned new methods in the first chapter. Breakthrough material for solving flexibility problems.

Another interesting book by Dan John

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