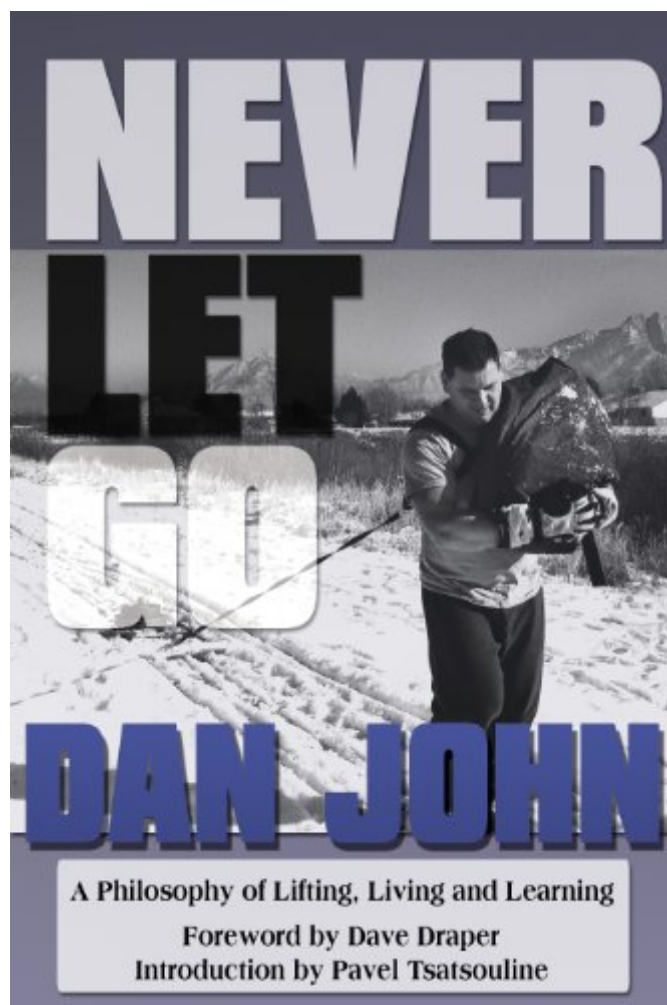


The book was found

Never Let Go: A Philosophy Of Lifting, Living And Learning



Synopsis

Coach Dan John breaks down the most complicated concepts of strength training and high-performance athletics in his personal, no-nonsense, thought-provoking and motivating style. Workout routines, Olympic lifting guidance, Highland Games, track and field and Strongman events are all covered, in addition to weight training philosophy for the general public. You'll learn...How to get stronger, faster and leaner; Simple steps to great conditioning; What it takes to compete at high-level athletics; Dan John's top training tips; Effective workouts to carry you through your training seasons; Variations of the classic 5x5 workout; Sample kettlebell and barbell workout combinations; Outdoor cardiovascular training options for athletes; And much more...

Book Information

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Customer Reviews

Anything will work for three to six months. What then? That's the dynamic message I got from Dan's book. Oh, there was a lot more here. But I generally take one or two new and interesting ideas from a book --- assuming it's a good book. And this one is. Dan's book is really a collection of essays. They're not in any particular order. I say that because he mentions his fat period twice --- once in

the early part of the book and again towards the end. Both are written in the time he is recovering from his fatness. But that doesn't take away from the messages of the book. Dan believes in making things simple. Not easy, he says. But simple. I like that idea more and more as I get older. It makes more sense for anyone. Our lives are already far too confusing and full and rushed and out of control. Dan recons we should focus on our main goal and plan our activities, our workouts and exercises accordingly. If you want to lose weight, you must follow different activities than someone who wants to get power or strength or run a marathon, for example. Again, this makes sense and simplifies things for us. This is the way Bruce Lee was able to be so great in martial arts. He tried many things and discarded the things that didn't work or didn't help him in his main pursuit --- his goals for his unique purposes. I find this idea empowering. And you'll find it in abundance in Dan's new book. While you might think the book is written for weight lifters or bodybuilders, it's really for anyone who wants to get fit. Some of it you may discard. You may find parts of it just don't apply to you. But there is enough encouragement and no BS information in the book that you'll thoroughly enjoy it and come away the wiser.

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