



A Lifelong Approach to Fitness: A Collection of Dan John Lectures

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In this collection of short talks, I tried to link together what I thought was crucial and important in the fitness field - and in sports in general - that sometimes don'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 they're all very important principles, and these are all concepts I think need to be linked together.

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