

## Never Let Go A Philosophy Of Lifting Living And Learning Dan John

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### Never Let Go A Philosophy

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If you thought the words "lifting" and "philosophy" don't go together, coach Dan John will prove you wrong. His Never Let Go discusses not only all things important to the strength athlete - weight lifting, body composition, nutrition etc. - but also succeeds in framing them in the bigger picture of living a balanced life.

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### Never Let Go: A Philosophy of Lifting, Living and Learning ...

In Never Let Go, 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.

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22 quotes from Never Let Go: A Philosophy of Lifting, Living and Learning: 'If it is important, do it every day. If it's not important, don't do it at all.'

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