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"Learning to Breathe Fire is one of
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culture so vividly, so deliciously that it makes you want to run out now and become a part of it!"-Charles Gaines, New York Times bestselling coauthor of Pumping Iron

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"Much like the workout it documents, [Learning to Breathe Fire] is a relentless, breathless march through CrossFit's history, the science behind its regimen, and the men and women who live by it." - The Daily Beast

"Learning to Breathe Fire is a must-read for every Crossfitter and fitness

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However, after the first few informative
and well-organized chapters, Learning
to Breathe Fire becomes extremely
repetitive, a bit pointless, and way over

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the top. In fact, I'm a bit surprised that J.C. Herz is an In a nutshell, Learning to Breathe Fire is an ode to CrossFit.

Learning to Breathe Fire - TeamRWB
Excerpt

The next class, sprinting to warm up, races out of the gym and past my car on

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both sides. Each one of them is a regular person. Male and female, older and younger, larger and smaller, their gaits overlap into the unity of animals on the run. It's crisp outside, and as they gallop past I see the steam of their breath.

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Learning to Breathe Fire: The Rise of CrossFit and the Primal Future of Fitness. The absorbing, definitive account of CrossFit's origins, its explosive grassroots growth, and its emergence as a global phenomenon.

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subculture, Learning to Breathe Fire combines vivid sports writing with a...

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Excerpt from Learning to Breathe Fire: The Rise of CrossFit and the Primal Future of Fitness , by J.C. Herz (jnhq@yahoo.com), to be published by Crown Books on June 3, 2014.

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'The Karen' Will Eat You Alive:

'Learning To Breathe Fire ...

"The thing you dread should be your first priority. Because if you're not willing to find the chink in your armor, the Hopper, the Unknown and Unknowable, the randomness of life, will find it for you." ? J.C. Herz,

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generation or so that brings to life a sub-culture so vividly, so deliciously that it makes you want to run out now and become a part of it!

Switchfoot - Learning To Breathe
[Official Audio]

In Learning to Breathe Fire: The Rise

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of CrossFit and the Primal Future of Fitness, J.C. Herz delves into the world of this ultra-difficult craze and discovers a determined fanbase, one that could even be described as "the good cult."

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J.C. Herz was already a veteran writer before writing Learning to Breathe Fire. Having written for Rolling Stone, Wired, and the New York Times, Herz only needed to discover her love for CrossFit to turn her writing talents towards the fitness behemoth. Unlike

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many other fitness books, Herz didn't reinvent the wheel.

Learning to Breathe Fire Quotes by J.C. Herz

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