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science of maximum effort, why the modern gym fails an obese society, and the psychic rewards of ending up on the floor feeling as though you're about to die.

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"Learning to breathe fire" is a mid-depth

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history of how Crossfitters came to be as well as some of its greatest moments/personas. I expected it to deliver straight forward details through the years, but the book weaves the bulletpoint history of a sport/organization/cu Overall: I didn't expect to like the book as much as I did.

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If you're an athlete with a furious appetite for all things CrossFit, have I got a book for you. Even if you're not a CrossFitter and want to learn more about the movement's history, you'll want to check out the book Learning to Breathe Fire, by J.C. Herz.. J.C. Herz was

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already a veteran writer before writing Learning to Breathe Fire. Having written for Rolling Stone, Wired, and the New York ...

"Learning to Breathe Fire" (Book Review) | Breaking Muscle

Learning to Breathe Fire Book

Description : "Explains the science of

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maximum effort, why the modern gym fails an obese society, and the psychic rewards of ending up on the floor feeling as though you're about to die, [tracing] CrossFit's rise from a single underground gym in Santa Cruz to its adoption as the workout of choice for elite special forces, firefighters, and cops, to its popularity ...

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Fire blowing, also known as fire

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breathing, is a trick frequently used by circus performers, magicians, and side show artists. A fire blower uses a technique that involves forceful expulsion of a liquid fuel source, sprayed from the mouth into a flame (usually at the end of a handheld torch) to create the illusion of breathing fire.

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