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November Project: The Book: Inside the Free, Grassroots Fitness Movement That's Taking Over the World

Brogan Graham, Bojan Mandaric, Caleb Daniloff

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November Project: The Book is the story of how two irreverent, way-outside-the-box fitness fanatics are flipping the fitness industry on its head and literally making the world a better place, one city at a time. No facility. No machines. Just two dudes and a tribe of thousands. Welcome to November Project's world takeover.

What started 4 years ago as a simple monthlong workout pact between two former Northeastern University oarsmen in Boston has grown into an international fitness phenomenon. November Project espouses free, public, all-weather, outdoor group sweats that turn strangers into friends and connect everyone to the city in which they live. It's been described as everything from flashmob fitness to "the fight club of running clubs" and a cult. But November Project prides itself on defying categories.

In *November Project: The Book*, Brogan Graham (a.k.a. BG) and Bojan Mandaric, in their own spicy, big-hearted words, chronicle, along with tribe member and writer Caleb Daniloff, their fitness movement's genesis, evolution, operations, membership, "secret sauce," and future?and along the way, show you how you can get fit and societally engaged. The book also includes illustrated workouts; the keys to meaningful civic engagement; information on using your city as a gym; advice on starting an NP tribe; tips on growing, sustaining, and invigorating membership through social media; and thoughts on the collective power of community.

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James Gabriel:

A lot of people always spent their particular free time to vacation or even go to the outside with them family or their friend. Do you realize? Many a lot of people spent many people free time just watching TV, or perhaps playing video games all day long. If you would like try to find a new activity honestly, that is look different you can read the book. It is really fun in your case. If you enjoy the book which you read you can spent the entire day to reading a guide. The book November Project: The Book: Inside the Free, Grassroots Fitness Movement That's Taking Over the World it is quite good to read. There are a lot of people who recommended this book. These were enjoying reading this book. In the event you did not have enough space bringing this book you can buy the actual e-book. You can m0ore easily to read this book from your smart phone. The price is not to fund but this book possesses high quality.

Jennifer Williams:

This November Project: The Book: Inside the Free, Grassroots Fitness Movement That's Taking Over the World is great guide for you because the content and that is full of information for you who all always deal with world and still have to make decision every minute. This particular book reveal it info accurately using great coordinate word or we can say no rambling sentences inside. So if you are read that hurriedly you can have whole facts in it. Doesn't mean it only gives you straight forward sentences but tricky core information with attractive delivering sentences. Having November Project: The Book: Inside the Free, Grassroots Fitness Movement That's Taking Over the World in your hand like keeping the world in your arm, information in it is not ridiculous one. We can say that no e-book that offer you world throughout ten or fifteen small right but this e-book already do that. So , this can be good reading book. Hi Mr. and Mrs. busy do you still doubt that?

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