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John***

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

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 4.26 · Rating details · 1,131 Ratings · 52 Reviews. 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.

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

A Lesson Learned from "Never Let Go" Back to "Never Let Go." I love this book and it resonates with a lot of people so much (as evident from the 5 star Amazon reviews) because Dan breaks down any complex topic into something simple and inspirational.

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### **About - Never Let Go**

Religion In Never Let Me Go. Ishiguro graduated from the University of Kent in 1978 with a Bachelor Of Art (Honours) in English and Philosophy, the philosophical element of his degree is probably why he writes about such deep emotion and somewhat philosophical subjects (cloning, the idea of the soul and organ donation).

### **Religion In Never Let Me Go | Matt's English Lit.**

Never Let Go: A Philosophy of Lifting, Living and Learning. by Dan John. Introduction by Pavel Tsatsouline; Foreword by Dave Draper. There are a few people in every profession who can be considered great at what they do, and a few who rise above greatness and approach legendary.

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About the Author. 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,...

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

So much for the explanation. What I didn't mention in the essay is that Never Let Me Go is just plain "can't put it down, " five-stars great. I also loved Ishiguro's book The Remains of the Day (much more interesting than the movie). If you have novels to recommend, I'm all ears.

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