

Learning To Breathe Fire: The Rise Of CrossFit And The Primal Future Of Fitness By J.C. Herz

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the karen will eat you alive: learning to - J.C. Herz's 'Learning to Breathe Fire: The Rise of CrossFit and the Primal Future of Fitness' offers an inside look at the fitness sensation that she describes as "a

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j.c. herz | edge.org - J.C. HERZ is a former New York Times columnist (her Game Theory essays are archived here), and a former rock critic and tech writer for Rolling Stone and Wired

10 things you didn t know about crossfit | video | - Note: J.C. Herz, author of Learning to Breathe Fire: The Rise of CrossFit and the Primal Future of Fitness, joined us for the full hour on Thursday s live

author jc herz - J.C. Herz is a former Her latest books are Learning to Breathe Fire: The Rise of CrossFit and the Primal Future of Fitness

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