

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



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 Projects 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. Its 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 movements 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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There is nothing in the world of fitness, motivation, and sheer energy that stories from tribe members all over the North America and Europe, Read how that fateful moment grew into a city- and world-changing fitness movement that doesn't cost a freaking thing to be a part of. **November Project The Book : Inside the Free, Grassroots Fitness** November Project: The Book: Inside the Free, Grassroots Fitness Movement That's Taking Over the World eBook: Brogan Graham, Bojan Mandaric, Caleb **The Book: Inside the Free, Grassroots Fitness Movement That's Taking** Jul 26, 2016 - 21 sec November Project: The Book: Inside the Free, Grassroots Fitness Movement That's Taking **November Project: The Book: Inside the Free, Grassroots Fitness** Find product information, ratings and reviews for November Project The Book : Inside the Free, Grassroots Fitness Movement That's Taking over the World online **November Project: The Book: Inside the Free, Grassroots Fitness** Apr 12, 2016 Welcome to November Projects world takeover. 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