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Mastered The Lost Secrets Of Strength And Endurance
By Christopher McDougall**

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Christopher mcdougall - wikipedia

Christopher McDougall (born 1962) is an American author and journalist best known for his In the Natural Born Heroes (2015), McDougall explores various aspects of heroes and physical fitness, covering Natural Born Heroes: How a Daring Band of Misfits Mastered the Lost Secrets of Strength and Endurance (2015)

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Erwan Le Corre (Born 10 September, 1971), is a French American who is a physical education trainer for a form of functional Natural Born Heroes: How A Daring Band of Misfits Mastered the Lost Secrets of Strength and Endurance, Vintage.

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and his latest Natural Born Heroes: How a Daring Band of Misfits Mastered the Lost Secrets of Strength and Endurance [Indiebound|Amazon].

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