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One of the most illuminating books ever on a sports subculture, Learning to Breathe Fire combines vivid sports writing with a thoughtful meditation on what it means to be human. In the book, veteran journalist J.C. Herz explains the science of maximum effort, why the modern gym fails an obese society, and the psychic rewards of ending up on the floor feeling as though you're about to die.

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Learning to Breathe Fire is worth a read for anyone with an interest in CrossFit. "Learning to Breathe Fire" is available for \$25.00 at Amazon.com.

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Learning to Breathe Fire : J C Herz : 9780385348898

Paris - You will learn to spit fire, master your breath, your apprehensions, but above all to spend a warm moment and an unforgettable experience in the "City of Light". At the end, everyone leaves with a photo attesting to his prowess and this in a typical Parisian place: the Palais de Tokyo with the Eiffel Tower in the background.

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2 LEARNING TO BREATHE FIRE around in the woods would invent as a military fantasy adventure: small teams snooping around behind enemy lines, taking notes on the terrain and counting the bad guys....

THE RISE OF CROSSFIT AND THE PRIMAL FUTURE OF FITNESS ...

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