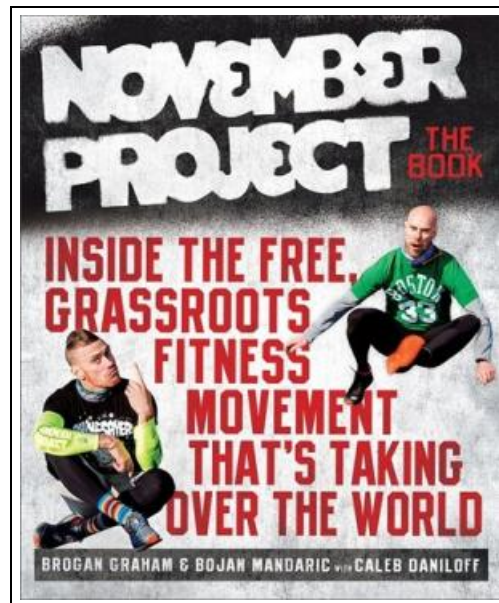


## November Project: the Book (Paperback)



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(Prof. Jevon Frami)*

## NOVEMBER PROJECT: THE BOOK (PAPERBACK)



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Rodale Press Inc., United States, 2016. Paperback. Condition: New. Language: English . Brand New Book. November Project is the story of how two way outside-the-box fitness fanatics are flipping the fitness industry on its head and making the world a better place, one city at a time. No facility. No machines. Just two dudes and a tribe of thousands. What started 4 years ago as a month long workout pact between two former North Eastern University oarsmen has grown into a national fitness phenomenon. November Project espouses free, all weather, outdoor group sweats that turn strangers into friends and connect everyone to the city in which they live. It s been described as everything from flash mob fitness to the fight club of running clubs to a cult. In November Project, Graham and Mandaric, in their own spicy, big hearted words, chronicle their fitness movement s genesis, evolution, operations, membership, secret sauce, and its future and along the way, show readers how to get fit and societally engaged. The book also includes detailed, illustrated workouts, advice on starting grassroots tribes, civic engagement and how the city can be used as a gym, growing membership, and the most effective use of social media.



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