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The Worlds Fittest Book The

The World's Fittest Book is set to become every fitness enthusiast's bible. Dubbed the body's complete user guide, it will become the go-to resource for learning all you need to know about building muscle, losing fat, eating (healthy) cake and unlocking your superhuman physical potential.

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The World's Fittest Book is set to become every fitness enthusiast's bible. Dubbed the body's complete user guide, this is perhaps the most eclectic and comprehensive fitness guide ever created; and will become the go-to resource for learning all you need to know about building muscle, losing fat, eating (healthy) cake and unlocking your superhuman physical potential .

THE WORLD'S FITTEST BOOK - Ross Edgley

Aiming to be the most eclectic and comprehensive fitness guide ever created, The World's Fittest Book is the sum and substance of over a decade of research and the collective wisdom of some of the greatest minds and athletic bodies in history. By learning the lessons within it, listeners will understand 'fitness' better than the vast majority of the population.

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The World's Fittest Book | The Works

The worlds fittest book is an intresting read, describing how fitness is different across the world. While also giving you info on how to workout yourself.

Why I read The Worlds Fittest book - AwakendGainz Hub

Ross Edgley (born 13 October 1985) is a British extreme athlete, sports scientist and writer, adventurer and fitness trainer. A leading expert and writer on mental fortitude, physical resilience and work capacity, in 2018 he published "The World's Fittest Book", and became the first person in history to swim all the way around Great Britain, completing it in 157 days.

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This is a complete misinterpretation of his words that our pugnacious egos impose on us. A recent book by Brian Hare and Vanessa Woods titled Survival of the Friendliest writes that “to Darwin and modern biologists, “survival of the fittest” refers to something very specific — the ability to

survive and leave behind viable offspring.

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