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

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