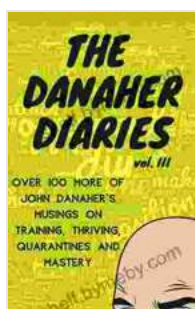


Over 100 More Of John Danaher Musings On Training, Thriving in Quarantines, and More!

This book is a collection of over 100 essays by John Danaher, one of the most respected and successful grappling coaches in the world. In these essays, Danaher shares his insights on training, competition, and life. He also discusses his experiences during the COVID-19 pandemic and how he adapted his training and teaching to the challenges of quarantine.



The Danaher Diaries Volume 3: Over 100 more of John Danaher's Musings on Training, Thriving, Quarantines and Mastery by Heroes of the Art

★★★★☆ 4.6 out of 5

Language	: English
File size	: 4899 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 118 pages
Lending	: Enabled
Screen Reader	: Supported



Danaher is a master of Brazilian Jiu-Jitsu, and his students have won numerous world championships. He is also a highly sought-after instructor, and his seminars are always packed. In this book, Danaher shares his wisdom on all aspects of grappling, from technique to strategy to mindset. He also provides practical advice on how to improve your training and achieve your goals.

In addition to his essays on grappling, Danaher also discusses a variety of other topics in this book, including:

- The importance of mental toughness
- How to deal with setbacks
- The power of gratitude
- The importance of community

This book is a must-read for anyone interested in martial arts, grappling, or personal development. Danaher is a gifted teacher and writer, and his insights are both valuable and inspiring. Whether you're a beginner or a seasoned veteran, you're sure to learn something from this book.

Praise for Over 100 More Of John Danaher Musings On Training, Thriving in Quarantines, and More!

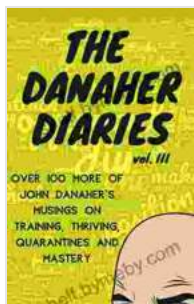
"John Danaher is one of the most brilliant minds in grappling today. His insights on training, competition, and life are invaluable." - Georges St-Pierre, UFC Hall of Famer

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"Over 100 More Of John Danaher Musings On Training, Thriving in Quarantines, and More! is a must-read for anyone who wants to improve their grappling skills or achieve their personal goals. Danaher's wisdom and experience are evident on every page." - Josh Waitzkin, chess prodigy and author of The Art of Learning

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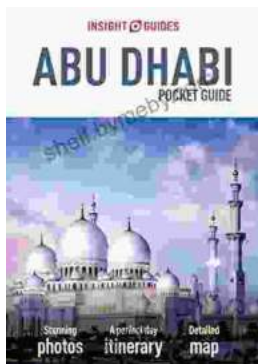
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