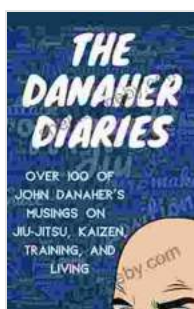


Over 100 of John Danaher's Musings on Jiu Jitsu, Kaizen Training, and Living

John Danaher is one of the most respected and successful Jiu Jitsu coaches in the world. He has coached some of the most successful Jiu Jitsu competitors of all time, including George St-Pierre, Chris Weidman, and Gordon Ryan.



The Danaher Diaries: Over 100 of John Danaher's Musings on Jiu-Jitsu, Kaizen, Training, and Living

by Heroes of the Art

★★★★☆ 4.7 out of 5

Language	: English
File size	: 2438 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 242 pages
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In this book, Danaher shares his thoughts on Jiu Jitsu, training, and life. He covers a wide range of topics, including:

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- The power of repetition
- The value of visualization

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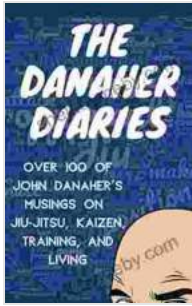
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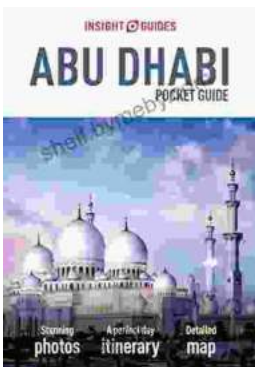
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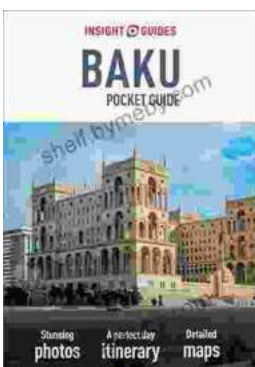


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