

**Natural Born Heroes: How A Daring Band Of Misfits
Mastered The Lost Secrets Of Strength And Endurance
By Christopher McDougall**

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The myth of the modern hero is someone with exceptional abilities and extraordinary strength. But author Christopher McDougall says becoming a hero is

<http://wunc.org/post/born-run-and-natural-born-heroes>

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It's been six years since Chris McDougall helped make minimalist running more mainstream with Born to Run. He's back with a new book out, called Natural Born

<http://www.enduranceplanet.com/natural-born-heroes-with-chris-mcdougall-dr-phil-maffetone-and-hal-walter/>

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Natural Born Heroes: The Hero Tour 2015 w/ author Christopher McDougall and guest speakers - Sunday, April 12, 2015 at Lancaster Country Day School, Lancaster, PA. <http://www.eventbrite.com/e/tickets-still-available-natural-born-heroes-the-hero-tour-2015-w-author-christopher-mcdougall-and-tickets-15665897120>

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discusses. Natural Born Heroes: How A Daring Band of Misfits Mastered the Lost Secrets of Strength and Endurance. and is joined by special guests for an exploration http://www.harvard.com/event/christopher_mcdougall2/

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Christopher McDougall, "Natural Born Heroes"

<http://www.rjulia.com/event/christopher-mcdougall-natural-born-heroes>

In his new book Natural Born Heroes: How a Band of Misfits Mastered the Lost Secrets of Strength and Endurance , author Christopher McDougall traveled to Crete to

<http://www.realsimple.com/health/fitness-exercise/natural-born-heroes>

Natural Born Heroes Uncovering the Lost Skills and Athletic Secrets of the Ancients

<http://www.outsideonline.com/1966681/natural-born-heroes>

The best-selling author of Born to Run now travels to the Mediterranean, where he discovers that the secrets of ancient Greek heroes are still alive and well on the

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Thursday, May 21, Doors at 6:30, Show at 7pm. Chuckanut Radio Hour with Christopher McDougall, author of Natural Born Heroes: How a Daring Band of Misfits Mastered

<http://www.villagebooks.com/event/chuckanut-radio-hour-christopher-mcdougall-natural-born-heroes>

Author of Natural Born Heroes and Born to Run Trained as a foreign correspondent for the Associated Press, Christopher McDougall covered wars in Rwanda and Angola

<http://www.chrismcdougall.com/>

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<http://www.booksamillion.com/p/Natural-Born-Heroes/Christopher-McDougall/9780307742223>

Join Christopher McDougall and his "Heroes Gang" for the launch of Natural Born Heroes. McDougall will lead a fun run, followed by a one-of-a-kind cabaret stage show
<http://www.backonmyfeet.org/event/naturalbornheroes>

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Tuesday, our guest is journalist Christopher McDougall who wrote the book that kicked off the barefoot running movement. Natural Born Heroes .

<http://radiowest.kuer.org/post/natural-born-heroes-0>

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Christopher McDougall, daring World War II resistance fighters in Natural Born Heroes: How a Daring Band of Misfits Mastered the Lost Secrets of Strength and

<https://mcdougall.splashthat.com/>