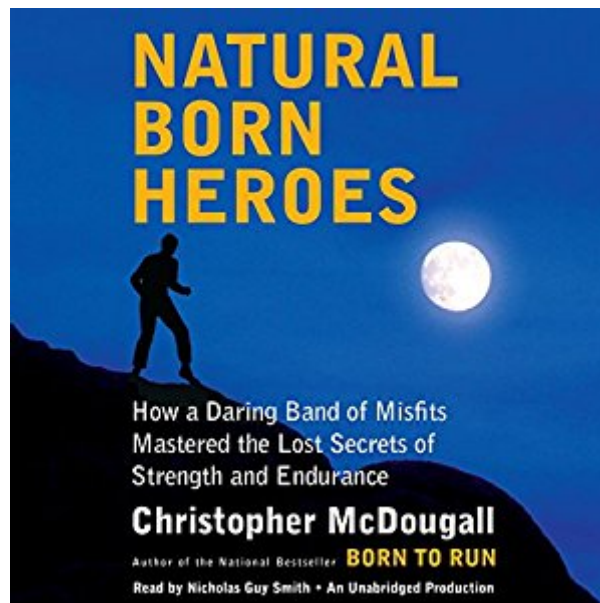




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# Natural Born Heroes: How A Daring Band Of Misfits Mastered The Lost Secrets Of Strength And Endurance



## Synopsis

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 island of Crete, and ready to be unleashed in the muscles and minds of casual athletes and aspiring heroes everywhere. After running an ultramarathon through the Copper Canyons of Mexico, Christopher McDougall finds his next great adventure on the razor-sharp mountains of Crete, where a band of Resistance fighters in World War II plotted the daring abduction of a German general from the heart of the Nazi occupation. How did a penniless artist, a young shepherd, and a playboy poet believe they could carry out such a remarkable feat of strength and endurance, smuggling the general past thousands of Nazi pursuers, with little more than their own wits and courage to guide them? McDougall makes his way to the island to find the answer and retrace their steps, experiencing firsthand the extreme physical challenges the Resistance fighters and their local allies faced. On Crete, the birthplace of the classical Greek heroism that spawned the likes of Herakles and Odysseus, McDougall discovers the tools of the hero - natural movement, extraordinary endurance, and efficient nutrition. All of these skills, McDougall learns, are still practiced in far-flung pockets throughout the world today. More than a mystery of remarkable people and cunning schemes, *Natural Born Heroes* is a fascinating investigation into the lost art of the hero, taking us from the streets of London at midnight to the beaches of Brazil at dawn, from the mountains of Colorado to McDougall's own backyard in Pennsylvania, all places where modern-day athletes are honing ancient skills so they're ready for anything. Just as *Born to Run* inspired readers to get off the treadmill, out of their shoes, and into the natural world, *Natural Born Heroes* will inspire them to leave the gym and take their fitness routine to nature - to climb, swim, skip, throw, and jump their way to their own heroic feats.

## Book Information

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## Customer Reviews

McDougall's book "Born To Run" is almost like my bible. I have notes scratched in the margins and I re-read the book every other year to keep me motivated. I was hoping Natural Born Heroes would be the same, but the side narratives that I was so fond of in "Born To Run" have become way too frequent and confusing in this book. Great story, I do like the authors writing style, but I had a difficult time keeping track of present day, flashbacks, origin stories, side stories and historical narratives.

What a great mixture of history and athleticism. In "Born to Run" McDougall brought ultra-running and barefoot running to the public's attention. Here he introduces us to coaches who have don't take the mainstream path: Erwan Le Corre and MovNat; Phil Maffetone, the genius behind MAF training and coach of Mark Allen; Tim Noakes who has admitted his errors and now is leading the Banting revolution in South Africa; and more. Great looks at great coaches/sports scientists and woven well into the story of some genuine WWII heroes in Crete.

This book is highly entertaining. It will keep your attention all the way through. The book is a mash note on a variety of topics ranging from diet to parkour. All of these topics are tied into the main story, the battle of Crete during WW2. It tells of survival and endurance through the eyes of Greek resistance fighters. Overall great book!

This book takes various concepts regarding ancestral health and puts them into an easy to read and entertaining form that reads almost like a novel. There are no diet plans or exercise regimes in the book. But there are tidbits of information leading towards a place that leaves you wanting more knowledge. From the cholesterol myth to the scams of big name gyms to why we have been hydrating wrong, this book covers it all but not as a blueprint, but as a pointer in the direction to explore more. When you realize that our bodies have everything they need to be healthy without gym memberships or processed "low fat" foods, you start to see the light at the end of the tunnel. I have the Kindle edition, I will be buying hard-copies to give to friends and family.

I've read both *Born To Run*, and *Natural Born Heroes* by Christopher McDougall. Both of these books are some of the best I've read, and are also two of the most influential books in my life. There is a lot of fascinating history of Crete packed into this book, along with just enough leads into fitness and diet to get anyone started on the right path towards truly changing their health for the best. His casual mention of some current day heroes would have me putting the book down to run to the computer, looking up the mentioned youtube video, or the person's name behind the story, which makes the book even more entertaining, and provides new paths to learn and follow far after the last page has been read.

Great story about the kidnapping of the German general, with interesting, valuable information on how the Cretans and British guys did it, physiologically. What was new to me was the connection McDougall made to Phil Maffetone's research on heart rate zones. Every piece of cardio equipment in the world has these ranges plastered on the front, probably because of his research. However, I don't think very few people understand that the most important component of getting in that zone is have a diet that supports the activity. I was one of those until I read this book and then a bit more of Maffetone's blog. I was a cardio snob, but now see how to do it more effectively for conditioning.

Many diverse ideas brought into a fascinating tale which cover from diet to how the people of Crete probably changed the outcome of WW2 making the German army's late leaving to invade Russia which led to their repeat of Napoleon's demise just short of Moscow as winter snows and freezing moved in. Their diet allowed them to be such fierce adversaries, for example, running double marathons through the mountains without eating. Junk scientific research misunderstood the Cretan diet which has now become the Mediterranean diet espoused by supposed diet experts. In fact in fact it was the rigid fasting regime of the Greek Orthodox Church and the high protein and high fat diet is what made them so metabolically strong. If interested in this aspect read Nina Teicholtz's book *"Big Fat Surprise"* which details how the misbegotten science came about creating the Mediterranean diet.

Chris has done it again. Weaving multiple stories into a cohesive tapestry is his forte. It took me a chapter or so to get into it, but after that I was hooked. As with *BtR* his research has led me into more reading and a deeper understanding. Thanks to his work I have gained a much greater appreciation of the human body and of my own fitness and health. He reset my concept of what 'hero' means and changed my perspective on general fitness disciplines like parkour (sp?) and

cross fit. I'm finding his logic reflected in other research and am glad he is using his voice to educating and entertaining

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