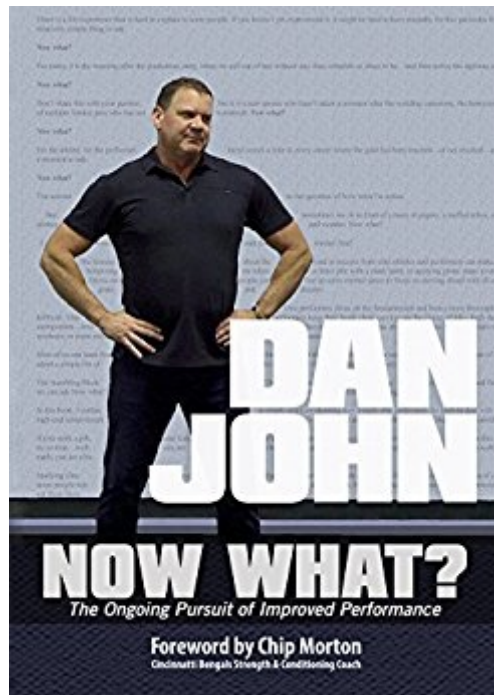


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# Now What?: The Ongoing Pursuit Of Improved Performance



## Synopsis

In Intervention, Dan described how he evaluates adults and suggests course corrections to improve the basics. He followed that with Can You Go?, where he addressed assessments trainers and coaches might use with their clients and athletes. Now, in Now What? Dan loops back around to tell us what to do next. Youâ™ve brought your clients up to the minimum standards. Youâ™ve done your assessments. Now what? Thatâ™s the question Dan answers in this book, the third installment of this series. Dan Johnâ™s Now What? will help you determine the next steps in moving toward the goals of your clients and athletes. âœIn Now What? Dan presents basic tools and training principles from his experiences as an athlete and coach, and applies them with experienced hands and through empathetic eyes toward the personal growth of his readers. Itâ™s a reasonable approach to help us all reach our goals, bringing greater satisfaction while working through the process.â• ~ Chip Morton

From Danâ™s Introduction to Now What?: The lessons learned about the road to success from elite athletes and performers can make everyoneâ™s life better. From de-cluttering the inbox or letter pile with a shark habit, to applying pirate maps to ongoing health and fitness, most people can free up some mental space to focus on moving ahead with all of lifeâ™s goals and dreams. Elite performers focus on the fundamentals and basics more thoroughly than the hobbyist. Elite performers keep their heads clear, carving out the clutter of lifeâ™both the important and the unimportantâ™with a scalpel. When needed, the elite focus on two-to twelve-week programs to shore up a weakness or some other issue. Elite performance is principle based. Most of us can learn from this âœcarving of the clutter.â• At times, we can follow a program, but most of the time, we can adopt a simple list of pirate maps for our fitness, health and longevity needs and goals. The stumbling block of Now what? soon takes on a new meaning. After emptying the inbox and finishing the laundry, we can ask Now what? as the start of a new adventure, a new challenge. In this book, I outline a simple quadrant showing how I teach elite performers the tools to deal with life, living and high-end achievement. And if you donâ™t think youâ™re an elite performer, I would like you to reconsider this. ~ Dan John

## Book Information

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## Customer Reviews

"Now What?" is the perfect continuation of Dan John's series of books detailing his coaching and training methodology. Dan shares his insights and knowledge across the athlete/client spectrum from the "fat-loss client" to the high school athlete all the way to elite athletes in professional sports. Throughout the book Dan John chronicles his paths for those "Now What" questions we run into as coaches and for those training. Aside from coaching and training, I think readers will be surprised how much fantastic life advice they will take away from this book. Also I would highly recommend purchasing the audio version (listened to it then went back through the kindle version to highlight) in addition to the kindle or book version. Dan is an outstanding speaker, the book is even more powerful coming right from his voice. Personally I bought all three versions. No matter where you are in the fitness/training world, do yourself a favor and read this.

...That Dan John is the master. One point he presents on this latest volume of sage advice is that experience (both your own and that of others) is invaluable for success in athletics as well as in life. This book is a treasure trove of classic, practical, no-nonsense wisdom to determining your next phase of training...or is it a pirate map? Read on and find out for yourself. With Dan John as your guide, you'll enjoy your journey to finding the answer to one of life's most pernicious questions: NOW WHAT?

Any book written by this man is worth the time to read.

"Now What" is a continuation of Dan's previous works including: Intervention, Never Let Go, Can You Go, Easy Strength, and Mass Made Simple. This work focuses on coaching and implementing strategies that may lead to success (pirate maps and shark bites). Dan continues to simplify concepts and make reasonable suggestions, which is what ultimately makes him an elite coach.

Further required reading for coaches, trainers, and fitness enthusiasts alike. Dan's experience, wisdom, expertise, and humor make reading a joy. Tons of useful information written in a fun conversational tone makes for entertaining educational material. 5 stars!

Half way through it and love it! If you enjoyed Dan John's previous books, you will enjoy this book. The content is clear, sharp, and straight forward. If you are a trainer, this is a book you should read (just read it with Dan's voice to make it even better ;-)

If there exists a reason as to why you would not buy any one of Dan John's books, I have yet to discover it. His advice is always straightforward, appealing, and father-like. His writing simple, practical, charming and clear. And as for Now What, it may be my favorite of his entries yet. Because it answers the question we all inevitably run in to, at one point or another. "Now What?" But--and because I want to be fair--you might at first glance suspect my opinion of the book has something to do with me being quoted, on, let's see what page, is it--ah, but that is hardly relevant, really. Because the truth is almost every fleck of useful training knowledge I have stored away in my cerebrum, was customarily acquired by my study of Dan John. In other words, if he quotes me, he is merely quoting someone talking about all the stuff he has learned from reading and working with that ever-avuncular throws coach and athlete-maker. It's an odd arrangement. Though I am always flattered by it. But here's the thing: Now What is the obvious and natural extension of everything Dan John has ever written about. I mean, of course this had to be the next book that he wrote. Because the man has already taught us so much, and not only about lifting, but about life, and how to live it in a way that is useful and fulfilling and makes it all very well worth it. So, really, the only question left to ask, assuming, of course, you've read all the rest of Dan John's books and articles, etc, and been so enriched by them as I have, is, well, precisely that. Now What?

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