

## 9 Out Of 10 Climbers Make The Same Mistakes Dave Macleod

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I first read "9 out of 10" in 2013 when I'd only been climbing a couple years. In 2013, the book seemed verbose and not too helpful. It just didn't click then. I just read it again after 5 more years of climbing. In those 5 years, my improvements from "just climbing" plateaued. I'd flirted half-heartedly with the various training ...

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