



52 Weeks 52 Challenges

Alex James

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Dance 10 minutes every day. Write and record a rap song. Absolutely no Facebook (harder than you think). Avoid a randomly chosen Deadly Sin. What starts out as a wacky way to mix up a twenty-something's routine turns into a year of self discovery through fun weekly challenges. Over the course of 52 weeks Alex falls in love, struggles with a new job, raises \$20,000 for charitable causes, and has a blast along the way. Based on his humorous blog that tracks the adventure, follow along and try the challenges yourself!

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