



Spartan Up!: A Take-No-Prisoners Guide to Overcoming Obstacles and Achieving Peak Performance in Life

By Joe De Sena

Simon & Schuster Ltd. Paperback. Book Condition: new. BRAND NEW, Spartan Up!: A Take-No-Prisoners Guide to Overcoming Obstacles and Achieving Peak Performance in Life, Joe De Sena, When Joe De Sena took part in the Uteak endurance race, held in Quebec in the middle of winter, he had to cover 350 desolate, frozen miles by iceboat, skis and mountain bike, hiking through knee-deep snow or climbing icy mountains without a rope. When he explained to people what he had done, they said he was stupid or suicidal. He saw it another way: he had accomplished more than he ever knew was possible. Taking on big challenges shows you possibilities you didn't know existed. With that experience in mind, De Sena set up Spartan Races, a series of extreme obstacle events. Whether over three miles or marathon distances, competitors are faced with a series of challenges, from crawling through mud under barbed wire to carrying a heavy sandbag, to push them beyond their limits. De Sena shows how with a simple philosophy - commit to a goal, put in the work, and get it done - people can achieve remarkable things. Whether you are up for the challenge yourself, or just...



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