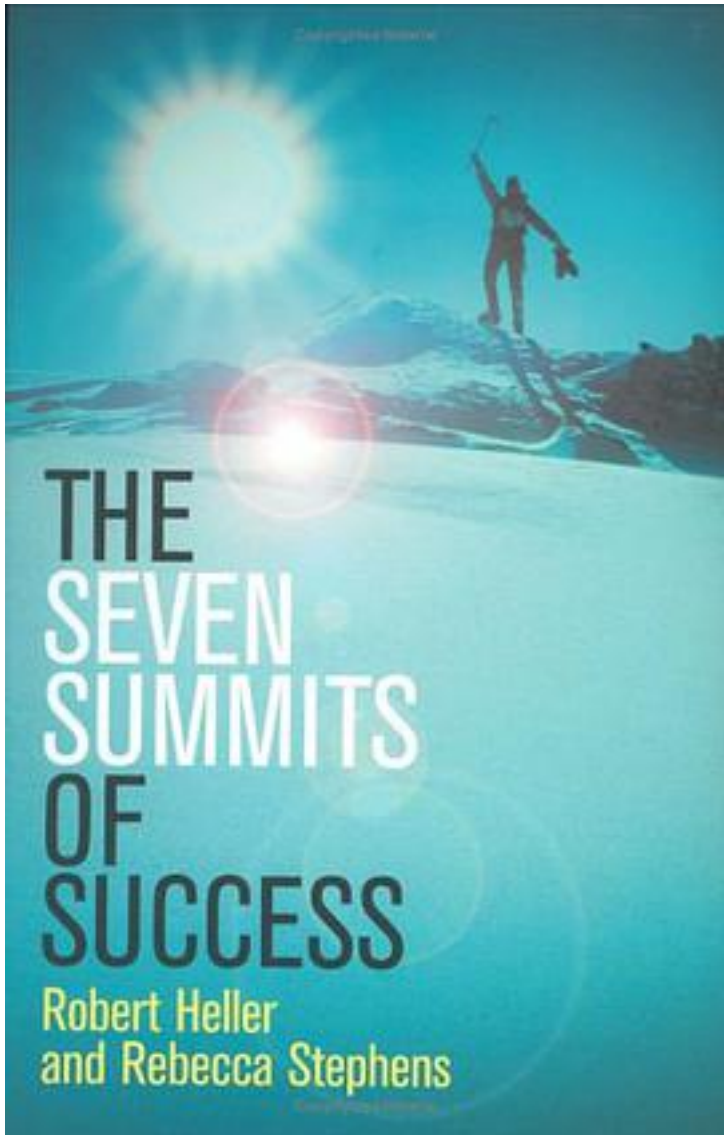


The Seven Summits of Success



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在线阅读本书

When Rebecca Stephens first formed her goal of climbing Everest she was a young journalist with hardly any climbing experience, but with a strong vision and limitless determination to achieve her dream. It was a highly ambitious goal for such an inexperienced climber. Yet only four years on, she became the first British woman to climb the highest mountain in the world. That achievement led directly to her second great ambition: to be the first British woman to climb the Seven Summits, the tallest peak on each of the world's seven continents.

In this inspiring book, Rebecca Stephens and management guru Robert Heller join forces to explore the mental skills, practical abilities and psychological powers that enabled her to achieve her dream. Whatever your personal ambition may be, the lessons of this unique book will lead you to identify, master and scale your own individual heights.

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