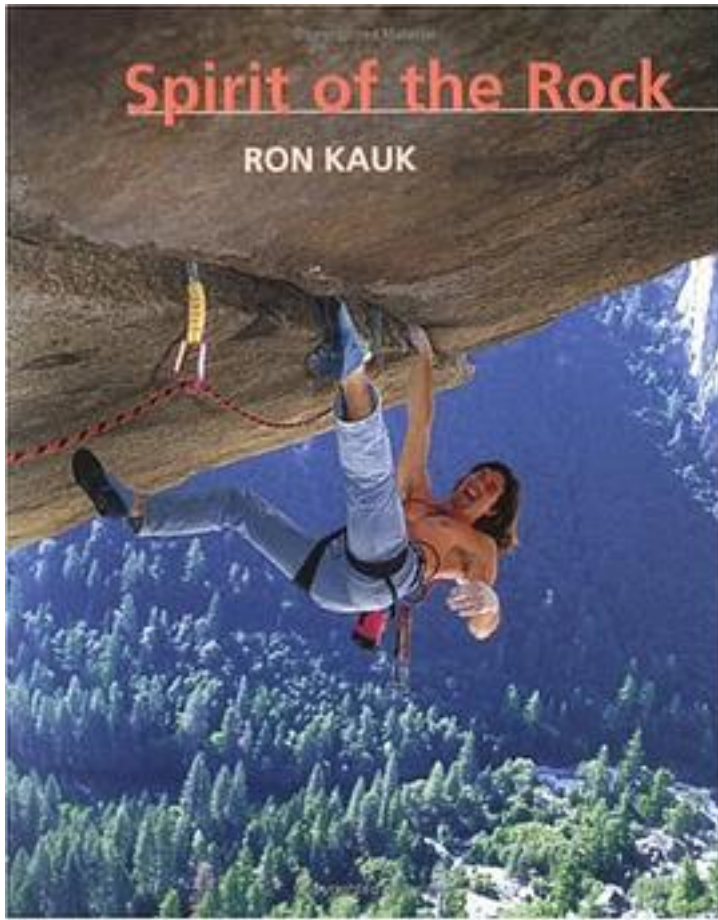


Spirit of the Rock



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著者:Ron Kauk

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With the experience and passion of a seasoned Yosemite climber, Ron Kauk uses concise vignettes to share his thoughts on the natural world and our collective responsibility to care for the planet upon which we all rely. Peppered throughout Kauk's insightful observations are practical applications, lessons really, culled from

twenty-five years spent dangling from sheer rock walls and granite overhangs around the world. These are lessons that relate not only to climbing but to life itself-always practice next to the ground, have an eye for the line, and learn how to read the cracks. Contemplating nature, climbing, rock, and spirit, this climbing legend offers an inspirational book filled with breathtaking photography and original writing. Ron Kauk is a world-renowned rock climber, and has been featured in magazines including Outside, Rock and Ice, and Climbing. He has been climbing since the 1970s, and works diligently to protect Yosemite from overdevelopment and abuse. He lives in Yosemite, California.

作者介绍:

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