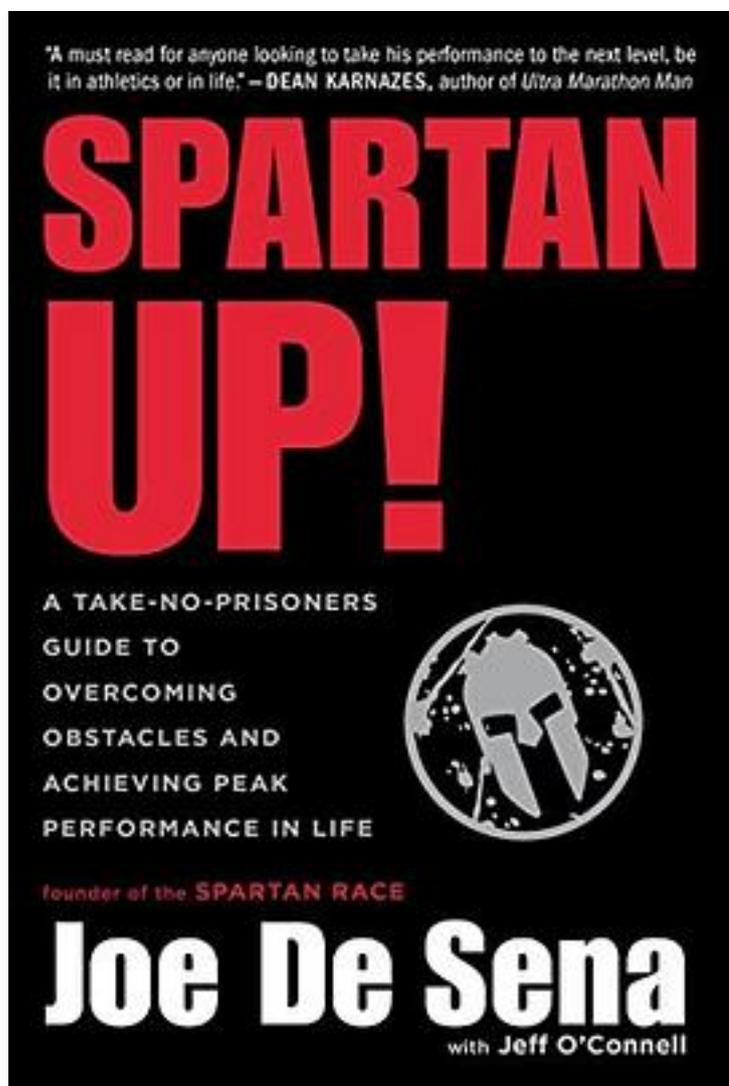


Spartan Up!: A Take-No-Prisoners Guide to Overcoming Obstacles and Achieving Peak Performance in Life



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著者:

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A life strategy guide by the creator of the Spartan Race outlines his philosophy about committing to and executing extreme-challenge performance goals, sharing inspiring stories about Spartan racers while outlining things the author has learned throughout his career. 75,000 first printing.

作者介绍:

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标签

Stoicism

Joe_De_Sena

评论

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书评

这是一本激动人心的书！作者 Joe De Sena 是耐力赛领域的传奇人物。在他 2014 年写这本书时，已经完成了 50 多次超级耐力赛，大部分比赛距离都超过 100

英里。马拉松对他来说只是更长距离的比赛之间的调剂。作者也是 Spartan Race (斯巴达勇士赛) 的创始者。斯巴达勇士赛在不...

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