



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

By Joe De Sena

Mariner Books, United States, 2016. Paperback. Book Condition: New. 201 x 132 mm. Language: English . Brand New Book. A must read for anyone looking to take his performance to the next level, be it in athletics or in life. Dean Karnazes, author of Ultra Marathon Man If there s anyone out there who has taken extreme to a new level, its Joe De Sena in adventure racing, in business, and ultimately in the business of adventure! Spartan Up! is must-read. Robyn Benincasa, world champion adventure racer and New York Times best-selling author of How Winning Works What do marathoners do when 26.2 miles just isn t enough anymore? They try obstacle racing, combining the endurance challenges of a marathon with the mind- and body-bending rigors of overcoming obstacles along the way. At the heart of this phenomenon is Joe De Sena, the driving force behind the Spartan Race. De Sena overcame his own obstacles working his way from Queens to Wall Street to legendary extreme athlete by adhering to a simple philosophy: commit to a goal, put in the work, and get it done. From that philosophy, as played out now for millions across trails, through mud, and up...



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