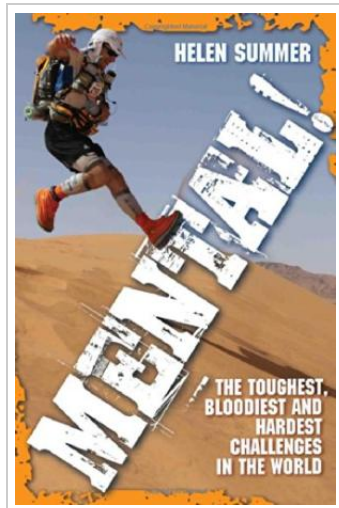




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Mental !: The Toughest, Bloodiest and Hardest Challenges in the World

By Helen Summer

John Blake Publishing Ltd. Paperback. Book Condition: new. BRAND NEW, Mental !: The Toughest, Bloodiest and Hardest Challenges in the World, Helen Summer, Each year, thousands of competitors pit themselves against the elements, extremes of geography and their own psyches to take part in the world's hardest physical challenges. From the cold of the highest peaks to the unforgiving heat of the desert, by sea, bike or foot seemingly ordinary people are undertaking extraordinary feats. Whether seeking to prove themselves as athletes, or attempting to escape the humdrum, one thing they all have in common is an unbreakable drive to test the very limits of their endurance. Mental! looks at over 60 of the most extreme marathons, triathlons, bike rides and other iconic endurance events from around the globe, taking in the hottest, coldest, highest, and most remote locations in the world. With a detailed description of each event, featuring personal stories from the competitors, this book offers massive highs and excruciating lows, and shows just what we can achieve in pushing the boundaries o human endeavour.

Reviews

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