



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

Joe De Sena, Jeff O'Connell

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Twenty-six point two miles isn't enough anymore. Obstacle course racing, which combines the endurance challenges of a marathon with the mind-bending rigors of overcoming obstacles along the way, is taking the world by storm. At the center of this phenomenon is Joe De Sena, the driving force behind the enormously popular Spartan Race. De Sena offers a simple philosophy: commit to a goal, put in the work, and get it done. From that philosophy, as played out first in his own life and now for millions across trails, through mud, and up mountainsides, Spartan Race was born. Now in *Spartan Up!* De Sena gives you a life strategy guide that takes you out of your comfort zone and into a combat zone. As he breaks down obstacles from his many races, detailing how each parallels real life experiences, you will learn how to:

- Conquer your greatest obstacle?your will
- Embrace your greatest friend?discipline
- Make limitations vanish and establish a new normal
- Achieve the ultimate: obstacle immunity

Other events breed sheep; Spartan Race breeds wolves.

Filled with unforgettable stories of Spartan racers as well as hard-won truths learned along the course, *Spartan Up!* will help anyone reach their full potential?in life, business, relationships, indeed anything one sets out to do. It is the blueprint that takes you right past Go, to your finish line.

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