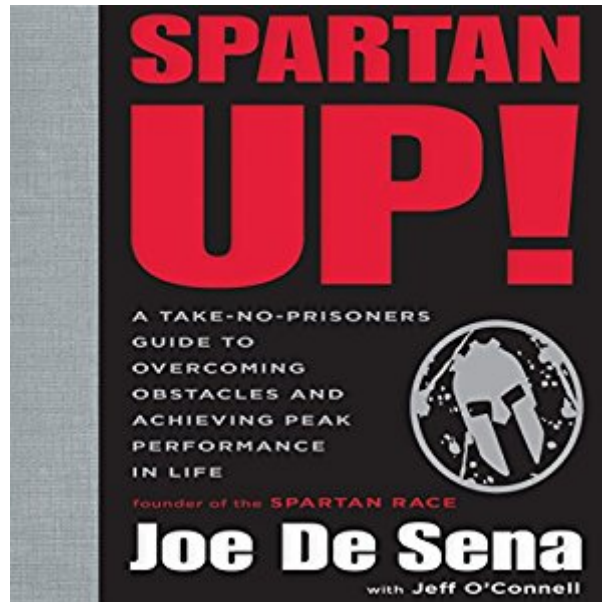


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# Spartan Up!: A Take-No-Prisoners Guide To Overcoming Obstacles And Achieving Peak Performance In Life



## Synopsis

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.

## Book Information

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## Customer Reviews

This book wasn't quite what I expected, but I learned a lot from it. Life can be like that - and I think it is fair to say that this is one theme in the book. Funny how that happened. Oddly enough, as I write this, my wife is watching the New York Housewives on TV, and two of them are running a Spartan

Race. Quite a coincidence, given that these races are the backdrop for the book. One of the women did not enjoy the experience. Her husband tried to explain the point of what they did, but she didn't get it. I had never heard of Spartan races before reading this book. Think a race through an obstacle course from hell, and you'll get the picture. Big, unexpected challenges. The point of these races seems to be to push the runners hard and teach them something about life in the process - in a word, how to overcome. Or maybe, it's better to say that they teach people something about how life really is/should be, as opposed to the "fake" one that today's society has created/imposed upon us (or most of us). Doing the seeming impossible is possible if one applies the Spartan "way". The book is critical of how children are coddled today, even to the point of being given prizes for showing up to a competition, whether they win or lose. I'm in my 50's, and this is certainly not how it was when I was a kid - what happened? Is there any wonder why kids grow up so "entitled" now? A rude awakening is the result. Bad all around. There is also criticism of many aspects of modern life. Too much electronics, too much bad food, not enough exercise, etc. No argument here. I made some changes in my life regarding all this recently and am happy with the results.

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