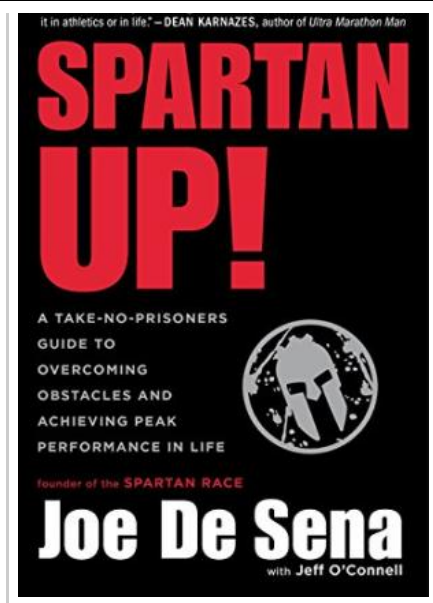


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By Joe De Sena

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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And You Know You Should Be Glad

HarperCollins Publishers Inc, United States, 2014. Paperback. Book Condition: New. Reprint. 201 x 132 mm. Language: English . Brand New Book ***** Print on Demand *****.A highly personal and moving true story of friend-ship and remembrance from the New York Times bestselling...



Readers Clubhouse Set B What Do You Say

Barron s Educational Series, United States, 2006. Paperback. Book Condition: New. Ann Losa (illustrator). 142 x 13 mm. Language: English . Brand New Book. This is volume six, Reading Level 2, in a comprehensive program (Reading Levels 1 and 2)for beginning readers.Two...



See You Later Procrastinator: Get it Done

Free Spirit Publishing Inc.,U.S., United States, 2009. Paperback. Book Condition: New. 175 x 127 mm. Language: English . Brand New Book. Kids today are notorious for putting things off-it s easy for homework and chores to take a backseat to playing video...



Any Child Can Write

Oxford University Press Inc, United States, 2003. Paperback. Book Condition: New. 4th Revised edition. 201 x 135 mm. Language: English . Brand New Book ***** Print on Demand *****.Harvey S. Wiener shows how parents can encourage their children to write with a...



Odd, Weird Little

Egmont USA, United States, 2015. Paperback. Book Condition: New. Reprint. 190 x 132 mm. Language: English . Brand New Book. New in paperback! * At last: a humorous, useful and pedantry-free book about bullying!-- Kirkus Reviews (starred) Readers who love Louis...



The Mystery at Big Ben

Gallopade International, United States, 2005. Paperback. Book Condition: New. 188 x 132 mm. Language: English . Brand New Book. Mimi and Papa speed away to London, England in their little red and white airplane, The Mystery Girl. Tagging along are grandchildren Christina,...