

[Free PDF File] The Spartan Way: Eat Better Train Better Think Better Be Better



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New York Times best-selling author Joe De Sena, founder and CEO of Spartan, the global health and wellness platform, leader in obstacle racing, and executive producer of NBC's television show Spartan: Ultimate Team Challenge, challenges you to live the Spartan way. Determined to yank 100 million people off their couch cushions to start living instead of being passive observers of life, Joe De Sena has one ultimate goal: to help improve everyone's physical and emotional health by teaching them the tenets of Spartan living from ancient Greece: simple eating, smart training, mastering resilience, and an all-out commitment to achieving a goal. Like Spartan training, living the Spartan way requires endurance to reach your finish line, the goal that inspires and drives you to succeed no matter what obstacles are thrown in your path. De Sena believes you can gain that endurance in just 36 days by following the 10 Spartan core virtues, timeless principles to help you embrace adversity and overcome any challenge, and making them a permanent part of your own personal core. The Spartan core values include: Self-awareness - know yourself Commitment - be dedicated Passion - discover your purpose Discipline - practice diligence Prioritization - put your house in order Grit - push your limits Courage - face your fears and your failures Optimism - look for the positives

Integrity - act honestly Wholeness - live as a Spartan De Sena turned this philosophy into a lifestyle - and so can you. With The Spartan Way, you'll discover your true north, unleash the warrior within, and transform your life to 10 times your maximum potential.

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