



Finding Ultra: Rejecting Middle Age, Becoming One of the World's Fittest Men, and Discovering Myself

By Roll, Rich

Crown Archetype, 2012. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service!
Summary: "Rich Roll's FINDING ULTRA is a testament to the power of the human spirit to overcome any obstacle, break down walls, and redefine what's possible." - John Brenkus, Creator and Host of ESPN's "Sport Science" and New York Times bestselling author of THE PERFECTION POINT "Rich Roll has accomplished amazing things, but it is his ability to draw inspiring and uniquely insightful lessons from his experiences that sets him apart from other extreme athletes. FINDING ULTRA is a fascinating read full of practical tips." --Dean Karnazes, nationally bestselling author of ULTRAMARATHON MAN "Super-endurance athletes are the titans of sport that's been known for a while. Now, with FINDING ULTRA, we're reminded that they're also the kings of soul. This awesome piece of writing one-part memoir, one-part how-to, and one part megadose of gut truth reminds us to wake up and live our best life. Prepare to be entertained, but most of all, prepare to be inspired." --Mel Stewart, 14-Time National Champion, former World Record Holder, and Winner of Two Olympic Gold Medals in swimming "Rich Roll is pure inspiration! You walk away from...



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