



The Endurance Life: Crush Your Goals: Motivation For Current And Aspiring Endurance Challenge Athletes Vol. 2 (Volume 2)

Mr Grant Alexander Shymske

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Endurance challenges continue to flourish. New types of events are coming out all the time and new takes on classic ones are a constant. These events continue to range from highly accessible to extremely exclusive making the task of finding something that fits your ambitions exceedingly easy. As the events continue to change so do the athletes. New techniques are being adapted and tried all the time. Some of these are to provide a competitive edge and some are to simply make the event more enjoyable. Knowledge is power. Understanding an undertaking can improve your circumstances in every aspect. Whether your goal is glory or pleasure, knowing what you are up against from the vantage point of clarity and understanding will help put you in a good place mentally and physically. It is my goal to bring to you a sliver of this understanding. As with any complex and chaotic real world situation I cannot provide the whole picture. What I can do is share my personal experiences and the experiences of those gracious enough to have shared their wisdom with me. By doing this I hope to provide that humanity boosting effect brought about through language around the campfire at the dawn of human ascendancy. Storytelling allowed our ancestors to learn from the experiences of others, an advantage completely taken for granted now. This took away the need for every individual to acquire knowledge through trial and error. Collective wisdom was born.

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