

### **Endure: Mind, Body, and the Curiously Elastic Limits of Human Performance**

"Reveals how we can all surpass our perceived physical limits." --Adam Grant - "This book is AMAZING!" --Malcolm Gladwell Limits are an illusion: a revolutionary book that reveals the secrets of reaching the hidden extra potential within us all Foreword by Malcolm Gladwell The capacity to endure is "Reveals how we can all surpass our perceived physical limits." --Adam Grant - "This book is AMAZING!" --Malcolm Gladwell Limits are an illusion: a revolutionary book that reveals the secrets of reaching the hidden extra potential within us all Foreword by Malcolm Gladwell The capacity to endure is the key trait that underlies great performance in virtually every field--from a 100-meter sprint to a 100-mile ultramarathon, from summiting Everest to acing final exams or completing any difficult project. But what if we all can go farther, push harder, and achieve more than we think we're capable of? Blending cutting-edge science and gripping storytelling in the spirit of Malcolm Gladwell--who contributes the book's foreword--award-winning journalist Alex Hutchinson reveals that a wave of paradigm-altering research over the past decade suggests the seemingly physical barriers you encounter as set as much by your brain as by your body. This means the mind is the new frontier of endurance--and that the horizons of performance are much more elastic than we once thought. But, of course, it's not "all in your head." For each of the physical limits that Hutchinson explores--pain, muscle, oxygen, heat, thirst, fuel--he carefully disentangles the delicate interplay of mind and body by telling the riveting stories of men and women who've pushed their own limits in extraordinary ways. The longtime "Sweat Science" columnist for Outside and Runner's World, Hutchinson, a former national-team long-distance runner and Cambridge-trained physicist, was one of only two reporters granted access to Nike's top-secret training project to break the two-hour marathon barrier, an extreme quest he traces throughout the book. But the lessons he draws from shadowing elite athletes and from traveling to high-tech labs around the world are surprisingly universal. Endurance, Hutchinson writes, is "the struggle to continue against a mounting desire to stop"--and we're always capable of pushing a little farther. ...more Endure: Mind, Body, and the Curiously Elastic Limits of Human Performance PDF ebook

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Endure: Mind

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