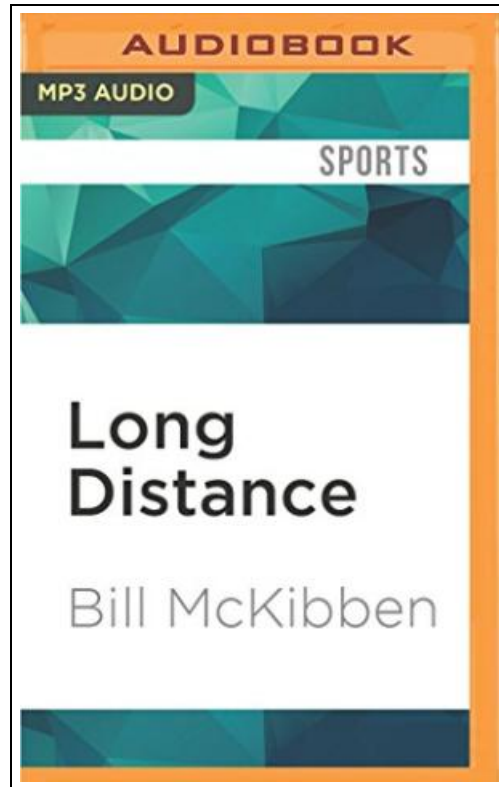


Long Distance: Testing the Limits of Body and Spirit in a Year of Living Strenuously



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Reviews

Undoubtedly, this is the greatest job by any author. It is actually filled with wisdom and knowledge I am quickly could get a pleasure of reading a written book.

(Kade Ankunding)

LONG DISTANCE: TESTING THE LIMITS OF BODY AND SPIRIT IN A YEAR OF LIVING STRENUOUSLY



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Audible Studios on Brilliance, 2016. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. In his late 30s, celebrated essayist, journalist, and author Bill McKibben - never much of an athlete - decided the time had come for him to really test his body. Cross-country skiing his challenge of choice, he lived the fantasy of many amateur athletes and trained - with the help of a coach/guru - nearly full-time, putting in hours and miles typical of an Olympic hopeful. For one vigorous year, which would culminate in a series of grueling, long-distance races, McKibben experienced his body's rhythms and possibilities as never before. But the year also brought tragedy to McKibben and his family as his father developed a life-threatening illness. Forcing a deeper exploration of both body and spirit, the arrival of this illness transforms McKibben's action-packed memoir into a moving account of two men coming to terms with the limits of the flesh. The author of such impassioned and groundbreaking books as *The End of Nature* and *The Age of Missing Information*, Bill McKibben is re-nowned as an original thinker. Here, writing with his trademark honesty and insight, he once again creates a provocative and unconventional book, a fascinating portrait of a man in midlife pushing his body and soul to the breaking point - and learning some unexpected truths along the way.



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