



The Ultra Mindset: An Endurance Champion's 8 Core Principles for Success in Business, Sports, and Life

By Travis Macy, John Hanc

The Perseus Books Group. Paperback. Book Condition: new. BRAND NEW, The Ultra Mindset: An Endurance Champion's 8 Core Principles for Success in Business, Sports, and Life, Travis Macy, John Hanc, Travis Macy summited glacial peaks in the French Alps, rappelled into vast limestone caves in China, and ran through parched deserts in Utah. Most famously, he won one of the country's marquee ultra-distance events: Leadman, a high-altitude series of super-long-distance races, culminating with a 100-mile mountain biking race and a 100-mile trail run. Macy accomplished it without exceptional strength, speed, or flexibility, and without high-tech performance labs or performance-enhancing drugs. His secret? A precise and particular outlook he calls the "Ultra Mindset," principles for daily life that are neither mysterious nor the sole province of ascetics or elite athletes: embrace fear, rewrite stories we tell ourselves, and master the art of seeking help, among others. By applying the principles such as "It's All Good Mental Training," "When you have no choice, anything is possible," and "Never quit.except when you should quit" to other areas of life, anyone can find success that otherwise would have seemed impossible. Coauthored with award-winning running writer and journalist John Hanc, The Ultra Mindset blends exciting...



[READ ONLINE](#)
[2.18 MB]

Reviews

This publication can be really worth a go through, and a lot better than other. It is actually written in straightforward words and phrases instead of confusing. I discovered this pdf from my dad and I suggested this publication to learn.

-- Jackeline Rippin

A high quality book and also the font employed was intriguing to read. I was able to comprehend every thing out of this created e book. You won't really feel monotony at whenever you want of the time (that's what catalogues are for concerning should you check with me).

-- Prof. Johnson Cole Sr.