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Spartan is more than a race; it's a way of life. We believe that you can't have a strong body without a strong mind, that you can't grow without pressure, that obstacles help shift our frame of reference and make us more resilient. We believe that signing up for a race holds us accountable and keeps us motivated to train harder and eat healthier. With more than 200 events in over 30 ...

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"A must read for anyone looking to take his performance to the next level, be it in athletics or in life."—Dean Karnazes, author of Ultra Marathon Man "If there's anyone out there who has taken extreme to a new level, it's Joe De Sena—in adventure racing, in business, and ultimately in the business of adventure! Spartan Up! is must-read."—Robyn Benincasa, world champion adventure racer and New York Times best-selling author of How Winning Works What do marathoners do

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when 26.2 miles just isn't enough anymore? They try obstacle racing, combining the endurance challenges of a marathon with the mind- and body-bending rigors of overcoming obstacles along the way. At the heart of this phenomenon is Joe De Sena, the driving force behind the Spartan Race. De Sena overcame his own obstacles—working his way from Queens to Wall Street to legendary extreme athlete—by adhering to a simple philosophy: commit to a goal, put in the work, and get it done. From that philosophy, as played out now for millions across trails, through mud, and up mountainsides, the Spartan Race was born. Filled with unforgettable stories of Spartan racers as well as hard-won truths learned along the course, Spartan Up! will help you reach your full potential in whatever you set out to do. "Have you ever wanted to be more, been stuck in a funk, or simply wanted make life poignant? Look no further because Spartan Up! is your catalyst. Loaded with real life inspiration and lessons, Joe De Sena uses his supercharged success in life, business, and sports to deliver the nuggets. This is an easy and juicy read; succinct, powerful, and relevant." —Ian Adamson, world champion adventure racer and author of Runner's World Guide to Adventure Racing

From the best-selling author of Spartan Up! a complete 30-day workout and diet plan to help you reach peak performance Joe De Sena designed

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the Spartan races to test overall conditioning: strength, flexibility, endurance, and speed. His signature take-no-prisoners approach to achieving physical and mental fitness has taken the endurance world by storm and inspired millions. Now in *Spartan Fit!*, De Sena breaks down that approach and gives readers the tools they need to conquer the course – and life, including:

- A 30-day workout and diet plan to prepare for the Spartan Sprint – or to just get you in shape
- Full-body workouts requiring no gym, no weights
- How to build on one race to the next
- Inspiring, motivating stories of Spartans

A complete Spartan training guide, *Spartan Fit!* will arm readers with the strength, knowledge, and grit to never question their potential again.

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NO GUTS, NO GLORY Satisfy your hunger for adventure, quench that thirst for competition and prepare for the most fun you've ever had in the mud. Ultimate Obstacle Race Training introduces you to these exhilarating events with detailed descriptions of races for every

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level. Packed with easy-to-follow workouts and step-by-step instructions, this book will help you develop the speed and strength you'll need to crush any obstacle. Using breakthrough obstacle-specific exercises and training techniques, you'll be ready to dominate every course and celebrate as you cross the finish line. • Leap over fiery logs through red-hot flames • Crawl face-down under razor-sharp barbed wire • Scramble 100 yards up a slick mud slope • Scale a harrowing 25-foot cargo net • Endure shocking cold in a frigid, full-body ice-bath • Plummet out of control down a 50-foot water slide • Swing high in the air across a maze of hanging bars

A team of Obstacle Course Racers and Martial Artists, featured on NBC's new TV show Spartan: Ultimate Team Challenge, compile their own life struggles--cancer, poverty, and addiction--in their personal and athletic lives--to help readers alike deal with and prevail over their own challenges.

The world's most comprehensive, well documented. and well illustrated book on this subject. With extensive subject and geographical index. 345 photographs and illustrations - mostly color. Free of charge in digital format on Google Books.

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This cultural history of Ancient Sparta chronicles the rise of its legendary military power and offers revealing insight into the people behind the myths. The Spartans of ancient Greece are typically portrayed as macho heroes: noble, laconic, totally fearless, and impervious to pain. And indeed, they often lived up to this image. But life was not as simple as this image suggests. In truth, ancient Sparta was a city of contrasts. We might admire their physical toughness, but Spartans also systematically abused their children. They gave rights to female citizens that were unmatched in Europe until the modern era, meanwhile subjecting their conquered subject peoples to a murderous reign of terror. Though idealized by the Athenian contemporaries of Socrates, Sparta was almost devoid of intellectual achievement. In this revealing history of Spartan society, Philip Matyszak chronicles the rise of the city from a Peloponnesian village to the military superpower of Greece. Above all, Matyszak investigates the role of the Spartan hoplite, the archetypal Greek warrior who was feared throughout Greece in his own day and has since become a legend. The reader is shown the man behind the myth; who he was, who he thought he was, and the environment which produced him.

Lawrence of Arabia meets Sebastian Junger's War in this unique,

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incendiary, and dramatic true story of heroism and heartbreak in Afghanistan written by a Pulitzer Prize-nominated war correspondent. Army Special Forces Major Jim Gant changed the face of America's war effort in Afghanistan. A decorated Green Beret who spent years in Afghanistan and Iraq training indigenous fighters, Gant argued for embedding autonomous units with tribes across Afghanistan to earn the Afghans' trust and transform them into a reliable ally with whom we could defeat the Taliban and counter al-Qaeda networks. The military's top brass, including General David Petraeus, commander of U.S. Forces in Afghanistan, approved, and Gant was tasked with implementing his controversial strategy. Veteran war correspondent Ann Scott Tyson first spoke with Gant when he was awarded the Silver Star in 2007. Tyson soon came to share Gant's vision, so she accompanied him to Afghanistan, risking her life to embed with the tribes and chronicle their experience. And then they fell in love. Illustrated with dozens of photographs, American Spartan is their remarkable story—one of the most riveting, emotional narratives of wartime ever published.

WISDOM TO CREATE A LIFE OF FULFILLMENT, PURPOSE, AND MEANING"The Warrior and The Monk" tells the extraordinary story of a young warrior who seeks the counsel of a wise monk on a universal quest to find true happiness. On a life-changing journey, the wise monk imparts practical

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lessons for the young warrior that teach us to: - DEVELOP A PERSONAL RELATIONSHIP WITH GOD, - ENHANCE THE QUALITY OF YOUR THINKING, - DISCOVER YOUR INNER SOURCE OF ABUNDANCE, - MASTER THE POWER OF YOUR SPEAKING, AND- INCREASE THE STRENGTH OF YOUR "TRUE CORE"

"Greg Amundson is a Spiritual Warrior, and his work will bless your life."- DAN BRULÉ, International bestselling author of "Just Breathe" "'The Warrior and The Monk'" is an inspiring, timely and courageously articulated perspective on seeking (and discovering) a personal relationship with God."- ROBERT VERA, #1 Amazon bestselling author of "A Warrior's Faith" "Greg's ability to transcend boundaries and speak to the essence of spirituality is profound and encouraging."- SCOTT McEWEN, #1 New York Times bestselling co-author of "American Sniper" "The first step to self-mastery is reading "The Warrior and The Monk" and considering the 'Way of the Warrior' as Greg Amundson is now teaching it."- JOE DE SENA, SPARTAN Founder & CEO and #1 New York Times bestselling author of "Spartan Up!"

About the Author: GREG AMUNDSON is among the nation's forefront authorities on integrated wellness. A former DEA Special Agent, SWAT Operator, and Army Captain turned Kokoro Yoga Instructor and graduate of Western Theological Seminary, Greg's message will help you internalize disciplined practices that are central to developing a relationship with God. His integration of the Mind, Body, and Spirit offers a unique perspective to keep you thriving in all aspects of

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your life. For more information, visit www.GregoryAmundson.com.

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