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Spartan Up!: A Take-No-Prisoners Guide to Overcoming Obstacles and Achieving Peak Performance in Life is available for pre-order and will be released May 13. Photo Credit: Getty Images // Thinkstock.

'Spartan Up!' by Joe De Sena Shows How to Overcome ...

No adversity has been confronted and handled because everything came fast and easy. When adversity does arrive, and it always does, someone who has never encountered it before will have no clue what to do in response. □ Joe De Sena, Spartan Up!: A Take-No-Prisoners Guide to Overcoming Obstacles and Achieving Peak Performance in Life

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#2 Spartan Up!: A Take-No-Prisoners Guide to Overcoming Obstacles and Achieving Peak Performance The difference between successful

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people and unsuccessful peop

#2 Spartan Up!: A Take-No-Prisoners

▯ Spartan Quotes ▯ Rise up, warriors, take your stand at one another's sides, our feet set wide and rooted like oaks in the ground. ▯▯▯ learn to love death's ink-black shadow as much as you love the light of dawn. ▯ Here is courage, mankind's finest possession, here is the noblest prize that a young man can endeavor to win. ▯

Best Motivational Spartan Quotes & Sayings About Sparta ...

Spartan Up!! Want a swift kick in the optimizing butt?! This is the book for you. It truly is "a take-no-prisoners guide to overcoming obstacles and achieving performance" delivered with enthusiasm by Joe De Sena--the renowned endurance/adventure racer who created Spartan Race.

Spartan Up! by Joe De Sena - PhilosophersNotes | Optimize

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▯ Learn the Spartan mindset. Founder & CEO of Spartan Race and NY Times best-selling author, travels the globe seeking and answers authors, academics, athletes, adventurers, entrepreneurs, CEOs and thought leaders. It will shift your thinking, make you laugh and and give you the tools you need. He's ▯

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The Spartan Starting Line is unique. Instead of one big wave like a marathon, groups of Spartan racers take off every 15 minutes throughout the day. When signing up for a Spartan Super, choose from three registration categories: ELITE: The most competitive category, the Elite Heat is split between Male and Female racers.

Spartan Super Obstacle Course | Spartan Race

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