



Mental!: The Toughest, Bloodiest and Hardest Challenges in the World

Helen Summer

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A look at more than 60 of the most extreme marathons, triathlons, bike rides, and other iconic endurance events from around the globe

Each year, thousands of competitors pit themselves against the elements, extremes of geography, and their own psyches to take part in the world's hardest physical challenges. From the cold of the highest peaks to the unforgiving heat of the desert, by sea, bike, or foot, seemingly ordinary people are undertaking extraordinary feats. Whether seeking to prove themselves as athletes, or attempting to escape the humdrum, one thing they all have in common is an unbreakable drive to test the very limits of their endurance. The endurance events discussed here take in the hottest, coldest, highest, and most remote locations, and the toughest, cruelest, and wackiest challenges. With a detailed description of each event, featuring personal stories from the competitors, this book offers massive highs and excruciating lows, and shows just what can be achieved in pushing the bounds of human endeavor.

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