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The Push: A Climber's Journey of Endurance, Risk, and ...

In January 2015, Tommy Caldwell and Kevin Jorgeson achieved the 'impossible'. Over three weeks they made their way up the forbidding, 3000-foot-high south-west face of El Capitan. It was a climb that Caldwell, after losing a finger in a domestic accident, had been told he had no hope of achieving. Much more than an account of a single, monumental climb, 'Push' looks set to join the classics of ...

The push : a climber's journey of endurance, risk and ...

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The Push: A Climber's Journey of Endurance, Risk, and Going Beyond Limits. by. Tommy Caldwell. 4.47 · Rating details · 5,088 ratings · 432 reviews. A New York Times Bestseller. A dramatic, inspiring memoir by legendary rock climber Tommy Caldwell, the first person to free climb the Dawn Wall of Yosemite's El Capitan.

The Push: A Climber's Journey of Endurance, Risk, and ...

The Push is an adventure is its own right, exploring the unknown self, being open to growth, sharing friendship with others and encouraging readers to do the same. The Kansas City Star Caldwell expertly blends the triumphs and tragedies of a life well lived with discussions of mastering the vertical climb . . . an eloquent, absorbing story about testing one's limits.

The Push: A Climber's Journey of Endurance, Risk, and ...

The Push: A Climber's Journey of Endurance, Risk, and Going Beyond Limits [Caldwell, Tommy, McClain, Johnathan] on Amazon.com.au. *FREE* shipping on eligible orders. The Push: A Climber's Journey of Endurance, Risk, and Going Beyond Limits

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The Push: A Climber's Journey of Endurance, Risk, and ...

Tom Price is a London-based photographer, writer, and amateur climber, working on assignments worldwide for NGOs and aid agencies. The Push: A climber's journey of endurance, risk and going beyond limits Tommy

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The Push: A Climber's Journey of Endurance, Risk and Going ...

New Jersey-based yoga instructor, and avid rock climber Malka Abreu says, "I believe yoga and rock climbing are a symbiotic practice, supporting each other to push you out of your comfort zone while strengthening the connection between your mind and body through similar types of movement, breathing, and mindfulness.

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