

## 9 Out Of 10 Climbers Make The Same Mistakes Dave Macleod

This completely revised and updated edition with all new color photos brings together in a single volume the anchoring systems most popular among climbers. Most climbers today learn their craft on artificial climbing walls and on sport routes with fixed protection. Their first efforts to lead on trad routes often come as a rude shock--they find that they haven't the skills and training to safeguard the climb or to set up solid belays. This new edition of Climbing Anchors is the climber's complete and authoritative source of information on protection, from fundamental knots to sophisticated rigging and equalizing skills.

9 Out of 10 Climbers Make the Same Mistakes Navigation Through the Maze of Advice for the Self-coached Climber

Climbing partners Maria Hines, a James Beard–awardwinning chef, and Mercedes Pollmeier, an NSCA-certified strength and conditioning specialist and Level 2 nutritionist, decided that they'd had enough of packaged bars and goos. As a celebrated chef, Hines can make anything taste great, and Pollmeier knows the science behind exercise nutrition. On their long drives to crags an idea blossomed: write a nutrition book for mountain sports. Peak Nutrition details 100 simple and tasty recipes within the context of outdoor goals and body science: motivation, recovery, hydration; how our digestive system works; how food provides energy; effects of weather and altitude; the relationship between food, muscle, and cramping; how nutrition relates to mental and physical stress; and much more. The authors also explore shifting eating habits and ways to develop a healthier approach, whether bouldering, climbing, backcountry skiing, mountain biking, trekking, or trail running. "Peak Profiles" offer food tips from elite athletes such as backcountry boarder Jeremy Jones and climber Sasha Diguilian and sample menus help readers plan what to prep and pack.

Climbing - Philosophy for Everyone presents a collection of intellectually stimulating new essays that address the philosophical issues relating to risk, ethics, and other aspects of climbing that are of interest to everyone from novice climbers to seasoned mountaineers. Represents the first collection of essays to exclusively address the many philosophical aspects of climbing Includes essays that challenge commonly accepted views of climbing and climbing ethics Written accessibly, this book will appeal to everyone from novice climbers to seasoned mountaineers Includes a foreword written by Hans Florine Shortlisted for the Boardman Tasker Prize for Mountain Literature, 2010

With the experience and passion of a seasoned Yosemite climber, Ron Kauk uses concise vignettes to share his thoughts on the natural world and our collective responsibility to care for the planet upon which we all rely. Peppered throughout Kauk's insightful observations are practical applications, lessons really, culled from twenty-five years spent dangling from sheer rock walls and granite overhangs around the world. These are lessons that relate not only to climbing but to life itself--always practice next to the ground, have an eye for the line, and learn how to read the cracks.

Contemplating nature, climbing, rock, and spirit, this climbing legend offers an inspirational book filled with breathtaking photography and original writing. Ron Kauk is a world-renowned rock climber, and has been featured in magazines including Outside,

Rock and Ice, and Climbing. He has been climbing since the 1970s, and works diligently to protect Yosemite from overdevelopment and abuse. He lives in Yosemite, California.

[CLICK HERE](#) to download the free chapter called, "Training for Power" from *Bouldering* (Provide us with a little information and we'll send your download directly to your inbox)

\* Includes technical photographs, charts, and illustrations \* Contributing photography and advice from Dave Graham, Daniel Woods, Jamie Emerson, and many others \*

Appendix highlights top bouldering destinations all over the world *Bouldering*:

*Movement, Tactics, and Problem Solving* demonstrates not just the basics of how to boulder, but also how to get better at it and take it to the next level. Whether you're a beginning climber who just started at the local gym, a competitive sport climber looking for a new challenge, or an aging alpinist who needs to take a season off from high-altitude, this guidebook offers something for everyone pursuing the art of bouldering: gear, movement, tactics, training, injury prevention, competitions, and more.

Contributing photography and insights come from climbers such as Dave Graham, Jamie Emerson, Paul Robinson, Chris Schulte, Daniel Woods, Ty Landman, and many others, and an appendix highlights many of the top bouldering destinations all over the world.

One of the East Coast's premier summer destinations, Acadia National Park offers high quality granite climbing in a spectacular setting. It is a Downeast island paradise replete with classic routes both on the coast and inland. With route descriptions for nearly 300 climbs, this guidebook covers all of the classic Acadia climbing areas, plus many of the island's more obscure haunts. Detailed information will keep you climbing; beautiful photographs will keep you inspired.

As Wolfgang Gullich said, getting strong is easy, getting strong without getting injured is hard. Sooner or later, nearly all climbers get injured and it will be injuries that ultimately dictate how far you get in climbing, if you let them. Unfortunately, the data shows it takes over a decade just to get small proportions of medical research adopted in regular practice. Sourcing reliable and up to date advice on preventing and treating finger, elbow, shoulder and other climbing injuries is challenging to say the least. You need to be the expert, because there are so many strands of knowledge and practice to pull together to stay healthy as a climber, and no single source of advice to cover all of these. The book draws together both the cutting edge of peer reviewed sports medicine research, and the subtle concepts of changing your climbing habits and routine to prevent and successfully recover from injuries. It is a handbook on how to take care of yourself as a lifelong climbing athlete. By spanning the fields of climbing coaching, physiotherapy, sports medicine and behavioural science, it goes beyond the general advice on treating symptoms offered by sports medicine textbooks and into much more detail on technique and habits specific to climbing than the existing climbing literature base. You will learn how your current climbing habits are already causing your future injuries and what you can do to change that. If you are already injured, it will prevent you from prolonging your injury with the wrong climbing habits and rehabilitation choices. You will learn how the ingredients of prevention and good recovery come from wildly different sources and how you have been using only a fraction of them. Fully referenced throughout, the practical advice for diagnosis, rehabilitation and prevention of climbing injuries is drawn from up to date peer reviewed sports medicine research.

A dynamic package of training material from a pair of expert coaches, *The Self-Coached Climber* offers comprehensive instruction, from the basics of gripping holds to specific guidelines for developing a customized improvement plan. Hague and Hunter base their methods on the four fundamental components of all human movement--balance, force, time, and space--and explain how to apply these principles to achieve efficient results. The DVD presents live demonstrations of training exercises and features an original documentary of a 5.14a/b redpoint attempt by Adam Stack and Chris Lindner. *Self-Coached Climber* was named a finalist in the Mountain Exposition Category at the 2007 Banff Mountain Festival.

Patagonia's Cerro Torre, considered by many the most beautiful peak in the world, draws the finest and most devoted technical alpinists to its climbing challenges. But controversy has swirled around this ice-capped peak since Cesare Maestri claimed first ascent in 1959. Since then a debate has raged, with world-class climbers attempting to retrace his route but finding only contradictions. This chronicle of hubris, heroism, controversies and epic journeys offers a glimpse into the human condition, and why some pursue extreme endeavors that at face value have no worth.

A no nonsense examination of what it takes to not only climb stronger, but to be a better climber.

The Academy Award-winning director of *Free Solo* and National Geographic photographer presents the first collection of his iconic adventure photography, featuring some of the greatest moments of the most accomplished climbers and outdoor athletes in the world, and including more than 200 extraordinary photographs. "An extraordinary work of art."—Jon Krakauer Filmmaker, photographer, and world-class mountaineer Jimmy Chin goes where few can follow to capture stunning images in death-defying situations. *There and Back* draws from his breathtaking portfolio of photographs, captured over twenty years during cutting-edge expeditions on all seven continents—from skiing Mount Everest, to an unsupported traverse of Tibet's Chang Tang Plateau on foot, to first ascents in Chad's Ennedi Desert and Antarctica's Queen Maud Land. Along the way, Chin shares behind-the-scenes details about how he captured such astounding images in impossible conditions, and tells the stories of the legendary adventurers and remarkable athletes he has photographed, including Alex Honnold, the star of his Academy Award-winning documentary film *Free Solo*; ski mountaineer Kit DesLauriers; snowboarder Travis Rice; and mountaineers Conrad Anker and Yvon Chouinard. These larger-than-life images, coupled with stories of outsized drive and passion, of impossible goals with life or death stakes, of partnerships forged through incredible hardship, are sure to inspire wonder and awe.

2020 Banff Mountain Book Competition Finalist in Guidebooks Crack climbing is a highly technical form of movement in which climbers position their hands, feet, and even their entire body in cracks to make upward progress on rock. An

advocate for the sport's aesthetic lines, physicality, and technical know-how, author Pete Whittaker teaches more than sixty Crack School Masterclasses each year and was featured in the popular climbing film *Wide Boyz*. This detailed and comprehensive guide teaches step-by-step techniques and tips, including for: Jamming (finger, hand, fist, foot, arm, leg, body) Crack types (chimneys, liebacks, underclings, roof cracks) How to safely lead and place protection Efficient positioning and movement Strength recovery while climbing

When Jerry Moffatt burst onto the scene as a brash 17-year-old, rock climbing had never seen anyone like him before. Fiercely ambitious, even as a boy Moffatt was focused on one thing: being the best in the world. This is the story of his meteoric rise to stardom, and how he overcame injury to stay at the top for over two decades. Top sport climber, brilliant competitor and a pioneer in the new game of bouldering, Moffatt's story is that of climbing itself in the last thirty years. Yet Jerry Moffatt is more than a dedicated athlete. Travelling the world to fulfil his dreams, his story is a compelling and often hilarious account of the climbing community with all its glories, dangers and foibles, as well as the story of a true sporting legend. Grand Prize Winner - Banff Mountain Book Festival 2009.

*How to Rock Climb!*, now in its fourth edition, is the world's top instructional book on climbing. All the fundamentals--from ethics to getting up the rock--are presented in John Long's classic style. Revised and updated to reflect the modern standards of equipment, technique, and training methods, this guide includes sections on face climbing; crack climbing; ropes, anchors, and belays; getting off the rock; sport climbing; and much more. It is the essential how-to book for rock climbers everywhere.

More and more people around the world are discovering how great climbing is, both indoors and outdoors. *The Climbing Bible* by internationally renowned climbers and coaches Martin Moberg and Stian Christophersen is a comprehensive guide to help you train effectively to become a better climber. The authors have been climbing coaches for a number of years. Based on their own extensive experience and research, this book collates the best European training techniques into one book with information on how to specifically train for the technical, physical and mental performance factors in climbing – including endurance, power, motivation, fear of falling, and much more. It also deals with tactics, fingerboarding and finger strength, general training and injury prevention, injuries related to climbing, and training plans. It is illustrated with 400 technique and action photos, and features stories from top climbers as well as a foreword by climber and bestselling author Jo Nesbø. *The Climbing Bible* will help and motivate you to improve and develop as a climber and find even more joy in this fantastic sport.

Handbook for experienced climbers covers all the physical and psychological aspects of climbing training.

#1 NATIONAL BESTSELLER • "A harrowing tale of the perils of high-altitude climbing, a story of bad luck and worse judgment and of heartbreaking heroism."

—PEOPLE A bank of clouds was assembling on the not-so-distant horizon, but journalist-mountaineer Jon Krakauer, standing on the summit of Mt. Everest, saw nothing that "suggested that a murderous storm was bearing down." He was wrong. The storm, which claimed five lives and left countless more—including Krakauer's—in guilt-ridden disarray, would also provide the impetus for *Into Thin Air*, Krakauer's epic account of the May 1996 disaster. By writing *Into Thin Air*, Krakauer may have hoped to exorcise some of his own demons and lay to rest some of the painful questions that still surround the event. He takes great pains to provide a balanced picture of the people and events he witnessed and gives due credit to the tireless and dedicated Sherpas. He also avoids blasting easy targets such as Sandy Pittman, the wealthy socialite who brought an espresso maker along on the expedition. Krakauer's highly personal inquiry into the catastrophe provides a great deal of insight into what went wrong. But for Krakauer himself, further interviews and investigations only lead him to the conclusion that his perceived failures were directly responsible for a fellow climber's death. Clearly, Krakauer remains haunted by the disaster, and although he relates a number of incidents in which he acted selflessly and even heroically, he seems unable to view those instances objectively. In the end, despite his evenhanded and even generous assessment of others' actions, he reserves a full measure of vitriol for himself. This updated trade paperback edition of *Into Thin Air* includes an extensive new postscript that sheds fascinating light on the acrimonious debate that flared between Krakauer and Everest guide Anatoli Boukreev in the wake of the tragedy. "I have no doubt that Boukreev's intentions were good on summit day," writes Krakauer in the postscript, dated August 1999. "What disturbs me, though, was Boukreev's refusal to acknowledge the possibility that he made even a single poor decision. Never did he indicate that perhaps it wasn't the best choice to climb without gas or go down ahead of his clients." As usual, Krakauer supports his points with dogged research and a good dose of humility. But rather than continue the heated discourse that has raged since *Into Thin Air*'s denouncement of guide Boukreev, Krakauer's tone is conciliatory; he points most of his criticism at G. Weston De Walt, who coauthored *The Climb*, Boukreev's version of events. And in a touching conclusion, Krakauer recounts his last conversation with the late Boukreev, in which the two weathered climbers agreed to disagree about certain points. Krakauer had great hopes to patch things up with Boukreev, but the Russian later died in an avalanche on another Himalayan peak, Annapurna I. In 1999, Krakauer received an Academy Award in Literature from the American Academy of Arts and Letters—a prestigious prize intended "to honor writers of exceptional accomplishment." According to the Academy's citation, "Krakauer combines the tenacity and courage of the finest tradition of investigative journalism with the stylish subtlety and profound insight of the born writer. His account of an ascent of Mount Everest has led to a general reevaluation of climbing and of the commercialization of what was once a romantic, solitary sport; while his account

of the life and death of Christopher McCandless, who died of starvation after challenging the Alaskan wilderness, delves even more deeply and disturbingly into the fascination of nature and the devastating effects of its lure on a young and curious mind."

The definitive resource to brain-training for climbing—by an internationally recognized expert As physical as climbing is, it is even more mental. Ultimately, people climb with their minds—hands and feet are merely extensions of their thoughts and will. Becoming a master climber requires that you first master your mind. In *Maximum Climbing*, America's best-selling author on climbing performance presents a climber's guide to the software of the brain—one that will prove invaluable whether one's preference is bouldering, sport climbing, traditional climbing, alpine climbing, or mountaineering. Eric Hörst brings unprecedented clarity to the many cognitive and neurophysical aspects of climbing and dovetails this information into a complete program, setting forth three stages of mental training that correspond to beginner, intermediate, and elite levels of experience and commitment—the ideal template to build upon to personalize one's goals through years of climbing to come.

Learn to solve common climbing woes and understand where the health care team fits in. A must-buy for climbers, their families, coaches, and those wishing to know more about climbing injuries and prevention.

'When it comes to training for climbing, you are your own experiment.'

*Beastmaking* by Ned Feehally is a book about training for climbing. It is designed to provide normal people – like you and me – with the tools we need to get the most out of our climbing. It is written by one of the world's top climbers and a co-founder of *Beastmaker*. It features sections on finger strength, fingerboarding, board training, mobility and core, and includes suggested exercises and workouts. There are insights from some of the world's top climbers, including Alex Honnold, Shauna Coxsey, Adam Ondra, Alex Puccio and Tomoa Narasaki. Free from jargon, it is intended to provide enough information for us to work out what we need to train, and to help us to train it.

This thoroughly revised and updated new edition of *Better Bouldering* presents all the techniques and tricks gleaned from the thirty-year bouldering career of John Sherman, America's most noted and notorious bouldering guru. Sharing the most recent trends in techniques, equipment, and injury treatment and prevention, Sherman imparts his insider knowledge of the sport through colorful instructional text and "combat" stories from his own bouldering career—allowing both beginning and accomplished boulderers to learn from the author's mistakes rather than their own. Among the guest contributors for this new edition are top boulderers Paul Robinson, the 2008 ABS national champion, writing on gyms and competitions; and Angie Payne, the first American female to climb V13, who shares a woman's perspective on bouldering. More than 300 new color photos taken at the most popular bouldering locales throughout America and the world clearly demonstrate in dramatic fashion the concepts explained in the always

entertaining text.

Drawing on new research in sports medicine, nutrition, and fitness, this book offers a training program to help any climber achieve superior performance and better mental concentration on the rock, with less risk of injury.

"As I sat cradling the man's head, with his blood and brains sticking to my hands, I heard a voice - my own voice. It was asking me something. Asking how I had ended up like this, desperate and lost among people who thought nothing of caving in a man's head and then standing back to watch him die." Nick Bullock was a prison officer working in a maximum-security jail with some of Britain's most notorious criminals. Trapped in a world of aggression and fear, he felt frustrated and alone. Then he discovered the mountains. Making up for lost time, Bullock soon became one of Britain's best climbers, learning his trade in the mountains of Scotland and Wales, and travelling from Pakistan to Peru in his search for new routes and a new way of seeing the world - and ultimately an escape route from his life inside. Told that no one ever leaves the service - the security, the stability, the 'job for life' - Bullock focused his existence on a single goal: to walk free, with no shackles, into a mountain life. *Echoes*, his first book, is a powerful and compelling exploration of freedom - and what it means to live life on your own terms.

The memoirs of the woman rock climber who was the first person to accomplish a "free ascent" of the Nose on Yosemite's El Capitan describe her early days as a Hollywood stunt artist, friendships with other climbers, near-fatal eighty-foot fall, and personal strategies. Reprint. 15,000 first printing.

The 25th Anniversary ebook, now with more than 50 images. *'Touching the Void'* is the tale of two mountaineer's harrowing ordeal in the Peruvian Andes. In the summer of 1985, two young, headstrong mountaineers set off to conquer an unclimbed route. They had triumphantly reached the summit, when a horrific accident mid-descent forced one friend to leave another for dead. Ambition, morality, fear and camaraderie are explored in this electronic edition of the mountaineering classic, with never before seen colour photographs taken during the trip itself.

The essential manual for intermediate climbers who want to make the jump to advanced climbing ability—with new color photos In the sport of rock climbing, 5.12 is a magical grade of difficulty—the rating that separates intermediate climbers from the sport's elite. Many intermediate climbers mistakenly believe that climbs of 5.12 difficulty are simply beyond their reach. This revised and updated edition of Eric Horst's best-selling instructional manual dispels that myth, and shows average climbers how they can achieve heights previously considered the exclusive domain of the full-time climber. *How to Climb 5.12* is a performance guidebook that will help climbers attain the most rapid gains in climbing ability possible. Hörst provides streamlined tips and suggestions on such critical issues as cutting-edge strength training, mental training, and climbing strategy. *How to Climb 5.12* is the perfect manual to help intermediate climbers quickly along the road to mastery.

Twenty-fifth Anniversary edition of a cult classic that profoundly transformed the world of rock climbing More than 50 percent new material, including perspectives on new routes and stories about well-known climbers Includes a 16-page color insert of never

before seen routes and digitally remastered images from Greg Epperson, the celebrated climbing photographer featured in the first edition of *Climb!* This history of Colorado's world-renowned, destination peaks will appeal to climbing enthusiasts everywhere. In 1977, well-respected climbing gurus Bob Godfrey and Dudley Chelton self-published *Climb! Rock Climbing in Colorado*. The first climbing book of its kind, *Climb!* detailed Colorado climbing history and suggested a new set of challenges for those fascinated by life on the edge. In addition, Greg Epperson's photography introduced wide-angle drama and on-rappel images. Twenty-five years later, Chelton has teamed up with former *Climbing* magazine photo editor and climber Jeff Achey to recapture the original book's influence and impact for a new generation of climbers. With more than 50 percent new text and a stunning 16-page color insert, *Climb!* takes readers through the evolution of climbing, from the first technical climbs, to the improvised free climbs of the 60s and 70s, to the sport climbing of the 80s, to the extreme climbing of the 90s. Conflicts and competitions among climbers, of which there are many, are documented here, as is the entry and accomplishments of women climbers. This book will capture fans of the original book and build a new audience, as well.

"An engrossing memoir chronicling the journey of a boy with a fanatical mountain-guide father who was determined to instill toughness in his son, to a teen whose obsessive nature drove him to the top of the sport climbing circuit. Tommy Caldwell emerged from hardships with a renewed sense of purpose and determination. This is an arresting story of focus, drive, motivation, endurance, and transformation, a book that will appeal to anyone seeking to overcome fear and doubt, cultivate perseverance, turn failure into growth, and find connection with family and with the natural world." --Provided by the publisher.

9 out of 10 climbers make the same mistakes - navigation through the maze of advice for the self-coached climber 9 out of 10 climbers are stuck. They are stuck on the same things. Some of the things that hold climbers back from improving their climbing standard are the same as they were twenty years ago: motivation, managing time, and not being able to analyse and correct their own basic technical or tactical errors. But they are also stuck for a new set of reasons. Twenty years ago, the problem was that no one knew how to train for climbing. Information was scarce and couldn't travel fast among the participants. Today, it's the opposite problem. Book after book lists techniques for climbing, exercises for climbing, tips for climbing. Navigating this barrage of information, filtering out the irrelevant and homing in on what matters to your life, your climbing and your circumstances has been the limiting step for today's climber. This book is the first to present the science of improving at climbing in a way that will actually help you make confident decisions and stay focused on the things that will make the biggest difference. Dave Macleod has crystallised 16 years experience as a world class climber, sport scientist and renowned coach into an accessible and thought provoking guide to improving at rock climbing.

Revised, the 5th edition redefines the basics with the latest information on climbing techniques, snow and glacier travel, weather, safety, first aid, and leadership. Expanded chapters on first steps, belaying, and aid climbing and pitoncraft, plus several new sections on rock climbing, help broaden skill and expertise. *Freedom* covers the latest in equipment, including plastic boots, specialized rock shoes, step-



in/clamp-on crampons, interior-frame packs, modern.

A mammoth effort and the final word on climbing techniques, this guide is for the established climber to refine and polish form.

The author shares her incredible story of summiting K2 as the first woman to scale this treacherous mountain.

The author describes how he spent his teenage years climbing mountains in the United States, South America, Africa, and Asia, with an emphasis on his two expeditions up Mount Everest.

"One of the most compelling accounts of a climb and the climbing ethos that I've ever read."

--Sebastian Junger *The Impossible Climb* climaxes with Alex Honnold's unprecedented, almost unimaginable feat: a 3,000-foot vertical climb up El Capitan in Yosemite, without a rope. Mark Synnott tells the story in the context of a deeply reported account of his ten-year friendship with Honnold, multiple climbing expeditions, and the climbing ethos they share. The climbing community had long considered a "free solo" ascent of El Capitan an impossible feat so far beyond human limits that it was not worth thinking about. When Alex Honnold topped out at 9:28 am on June 3, 2017, having spent fewer than four hours on his historic ascent, the world gave a collective gasp. His friend Tommy Caldwell, who free climbed (with a rope) the nearby Dawn Wall in 2015, called Alex's ascent "the moon landing of free soloing." The New York Times described it as "one of the great athletic feats of any kind, ever." It was "almost unbearable to watch," writes Synnott. This majestic work of personal history delves into a raggedy culture that emerged decades earlier during Yosemite's Golden Age, when pioneering climbers like Royal Robbins and Warren Harding invented the sport that Honnold would turn on its ear. Synnott paints an authentic, wry portrait of climbing history, profiling Yosemite heroes John Bachar, Peter Croft, Dean Potter, and the harlequin tribe of climbers known as the Stonemasters. A veteran of the North Face climbing team and contributor to National Geographic, Synnott weaves in his own amateur and professional experiences with poignant insight and wit. Tensions burst on the mile-high northwest face of Pakistan's Great Trango Tower; photographer/climber Jimmy Chin miraculously persuades an intransigent official in the Borneo jungle to allow Honnold's first foreign expedition, led by Synnott, to continue; armed bandits accost the same trio at the foot of a tower in the Chad desert . . . *The Impossible Climb* is an emotional drama driven by people exploring the limits of human potential and seeking a perfect, dialed-in dance with nature. They dare beyond the ordinary, but this story of the sublime is really about all of us. Who doesn't need to face down fear and make the most of the time we have?

The definitive practical guide to improving your rock climbing technique, and making your movement more effortless and efficient. Fully illustrated with over 35 skills exercises supported by online videos. Suitable for rock climbers from intermediate up to elite in sport climbing, bouldering and traditional climbing.

- The author is a popular journalist and blogger and the creator of Semi-rad.com
- A full journey—from confusion to clarity, remorse to redemption
- Will appeal to those searching for adventure and purpose

When Brendan Leonard finished substance abuse treatment at age 23, he was lost. He knew what not to do—not drink alcohol and not get arrested again. But no one had told him what it was that he could do. He quickly realized that he had to reinvent himself, to find something other than alcohol and its social constructions to build his life around. A few years later, Brendan was sober and had completed a graduate degree in journalism, but he still felt he was treading water, searching for direction. Then his brother gave him a climbing rope. And along that sixty-meter lifeline, Brendan gradually found redemption in the crags of the American West. He became a climber, someone who learned to push past fear, to tough it out during long, grueling days in the mountains; someone who supported his partners, keeping them safe in dangerous situations and volatile environments; someone with confidence, purpose, and space to breathe. *Sixty Meters to Anywhere* is the painfully honest story of a life

changed by climbing, and the sometimes nervous, sometimes nerve-wracking, and often awkward first years of recovery. In the mountains, Leonard ultimately finds a second chance. From Ashima Shiraishi, one of the world's youngest and most skilled climbers, comes a true story of strength and perseverance--in rock climbing and in life. To a rock climber, a boulder is called a "problem," and you solve it by climbing to the top. There are twists and turns, falls and scrapes, and obstacles that seem insurmountable until you learn to see the possibilities within them. And then there is the moment of triumph, when there's nothing above you but sky and nothing below but a goal achieved. Ashima Shiraishi draws on her experience as a world-class climber in this story that challenges readers to tackle the problems in their own lives and rise to greater heights than they would have ever thought possible.

Training for climbing can be fun, but sticking to a schedule can be desperately hard. Many climbers have seen the value of a carefully planned out, periodized training program. Clearly, such programs work, but many of us can't stick to such a rigid schedule. What if there were a better way? What if there were a more flexible way of planning that provided the same great results? And what if such a program allowed you to maintain high levels of climbing performance much longer than you could on a traditional program? For the climber that has limited time to train, there may be no better program than Logical Progression. For anyone who wants to get fit and stay fit for long trips and redpoint seasons, the program outlined in this book can give you a great advantage. Based on solid science and tested by hundreds of climbers, Logical Progression is a simple and very effective way of organizing your training, and making sure that progress keeps coming.

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