

# Spartan Up A Take No Prisoners Guide To Overcoming Obstacles And Achieving Peak Performance In Life Joe De Sena

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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.

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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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– 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. ’

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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.

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Spartan Super Obstacle Course | Spartan Race

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