

Endure - Mind, Body and the Curiously Elastic Limits of Human Performance -  
auteur: Alex Hutchinson - NEW YORK TIMES BESTSELLER

"Reveals how we can all surpass our perceived physical limits." - Adam Grant -  
Limits are an illusion: a revolutionary book that reveals the secrets of accessing your  
hidden extra potential - Foreword by Malcolm Gladwell - The capacity to endure is  
the key trait that underlies great performance in virtually every field—from a 100-  
meter sprint to a 100-mile ultramarathon, from summiting Everest to acing final  
exams or completing any difficult project. But what if we all can go farther, push  
harder, and achieve more than we think we're capable of? Blending cutting-edge  
science and gripping storytelling in the spirit of Malcolm Gladwell—who contributes  
the book's foreword—award-winning journalist Alex Hutchinson reveals that a wave  
of paradigm-altering research over the past decade suggests the seemingly physical  
barriers you encounter are set as much by your brain as by your body. This means  
the mind is the new frontier of endurance—and that the horizons of performance are  
much more elastic than we once thought. But, of course, it's not "all in your head."  
For each of the physical limits that Hutchinson explores—pain, muscle, oxygen,  
heat, thirst, fuel—he carefully disentangles the delicate interplay of mind and body by  
telling the riveting stories of men and women who've pushed their own limits in  
extraordinary ways. The longtime "Sweat Science" columnist for Outside and  
Runner's World, Hutchinson, a former national-team long-distance runner and  
Cambridge-trained physicist, was one of only two reporters granted access to Nike's  
top-secret training project to break the two-hour marathon barrier, an extreme quest  
he traces throughout the book. But the lessons he draws from shadowing elite  
athletes and from traveling to high-tech labs around the world are surprisingly  
universal. Endurance, Hutchinson writes, is "the struggle to continue against a  
mounting desire to stop"—and we're always capable of pushing a little farther.