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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 ...

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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.

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The Push is an adventure in 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. ”

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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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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 Caldwell Penguin £20 (978-0-718-18339-4) Church Times Bookshop £18

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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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