

THE SPARTAN WAY



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JOE DE SENA

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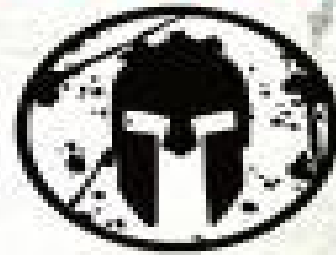
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Synopsis book

New York Times bestselling author Joe De Sena, founder and CEO of Spartan, the global health and wellness platform, leader in obstacle racing, and executive producer of NBC's television show Spartan: Ultimate Team Challenge, challenges you to live The Spartan Way. Determined to yank 100 million people off their couch cushions to start living instead of being passive observers of life, Joe De Sena has one ultimate goal: to help improve everyone's physical and emotional health by teaching them the tenets of Spartan living from ancient Greece: simple eating, smart training, mastering resilience, and an all-out commitment to achieving a goal. Like Spartan training, living The Spartan Way requires endurance to reach your finish line, the goal that inspires and drives you to succeed no matter what obstacles are thrown in your path. De Sena believes you can gain that endurance in just thirty-six days by following the ten Spartan Core Virtues, timeless principles to help you embrace adversity

The Spartan Way: Eat Better. Train Better. Think Better. Be Better. by Joe De Sena

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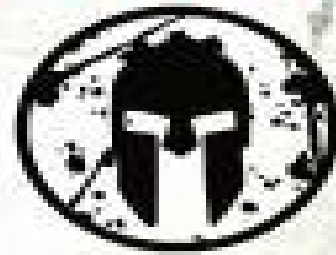
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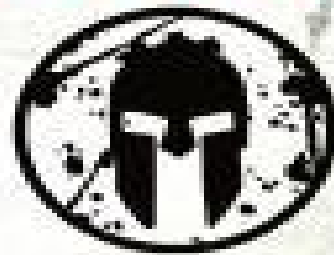
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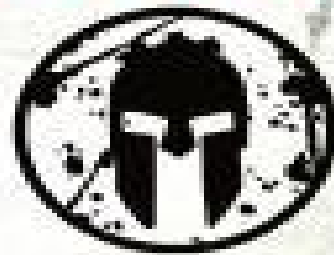
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