

THE ART OF RESILIENCE : STRATEGIES FOR AN UNBREAKABLE MIND AND BODY PDF, EPUB, EBOOK



Ross Edgley | 320 pages | 04 Aug 2020 | HarperCollins Publishers | 9780008356934 | English | London, United Kingdom

The Art Of Resilience: Strategies For An Unbreakable Mind And Body

His achievement certainly makes for an entertaining read. It is motivating and life affirming if not for the same reasons he went, but just the reassurance of home is where the heart is and if you believe in yourself, anything is possible. Jun 05, A Need to Read rated it it was amazing. What a book. I had heard of Ross' Okugake but never knew the sheer determination it took for him to keep going. His story is very well written and gripping from the start, not what you expect for a book about swimming. There are a lot of really nice messages in the book, and his 'stoic sports

science' is great!

This book will leave you inspired to start new challenges and face the problems they present head-on. I will leave my full review on my podcast [aneed2read](#) on Instagram and 'A need to read' What a book. I will leave my full review on my podcast [aneed2read](#) on Instagram and 'A need to read' on Spotify, Apple and Youtube. Jun 24, Alex rated it it was amazing. There is no doubt that the Great British Swim was a truly astonishing achievement. However to believe it to be a superhuman feat is to miss the point of the book. The mix of autobiography and scientific discussion worked really well and made this book both educational and gripping. Fundamentally, resilience is something that There is no doubt that the Great British Swim was a truly astonishing achievement. Fundamentally, resilience is something that can be built, developed and applied in all areas of life. This is extremely important to recognise.

It can be the difference between a fulfilling life and just falling short. Find your okugake. Build resilience. Achieve what you previously thought to be impossible. Apr 23, Terry Kim rated it really liked it. Quite the interesting book this was! Can't say there is much books like this and I thoroughly enjoyed it. It has everything from crazy adventures, to scientific papers on nutrition and performance, to straight up comedy, gruesome tails and very personal story of Ross Edgley I was close to tears at one point. The book details Ross' swim around Great Britain, which took a whopping at sea. Tons and tons of challenges he faced with his crew, anything from sharks to his tongue deteriorating from Quite the interesting book this was!

Tons and tons of challenges he faced with his crew, anything from sharks to his tongue deteriorating from the salt water. I loved the stoic lessons and how masterfully the author has combined his story with facts and other adventures. Apr 21, Jake Ryland rated it really liked it. Very inspirational and does extremely well in the teachings of stoicism and grit, Ross obviously takes after me in physique The audio book spoken by Ross himself i think would be a much better option. Jun 05, Helen Latto rated it really liked it. What a champion, it just goes to show that with pure dedication anything is possible. What an amazing guy and what an achievement!

Mar 12, Andreas Olsen rated it it was amazing. Exciting read and very useful information one can use for the hard times in life. Specifically useful for athletes looking to balance strength and endurance. Mar 13, Paul Geary rated it really liked it. A genuinely inspiring read. The journey is amazing. The insights regarding what a human can push through are great.

Heart warming and funny. A recommended read. Sep 09, Andry rated it it was amazing. This story is amazing and Ross is fantastic: strong, intelligent, inspiring, humble and always smiling even in the worst adversities of this great british swim. So interesting and motivational that I didn't want it to end! Jun 27, Zoe rated it it was amazing. Such a great read, some great stories throughout that made me laugh out loud. Jun 15, Lewis rated it it was amazing. Ross is an inspiring character and his book is just as inspiring as he is. Even by reading the prologue, I felt inspired and wanted to learn more about Ross' inspiring work ethic to swim around Great Britain.

Essentially Ross uses a stoic sports science philosophy, using his multitude of research and experience it has taught him many principles which he outlines in this book using each to get through the challenges of swimming around Great Britain. The book is great for recognising that hard work Ross is an inspiring character and his book is just as inspiring as he is. The book is great for recognising that hard work and dedication is what gets you where you want to be in life. If you have goals, you are going to have to work to get them, don't expect things to be easy, it certainly wasn't for Ross when he decided to swim for 6 months around Great Britain.

Fatigue, one of the major challenges when doing an endurance event, Ross confirms, is a sign of the brains 'central governor' telling us that the bodies homeostasis is out of sync and as the brain is a hypochondriac that babysits the body this is very rarely the most you can push. I use this technique when I am running to train my mind to push me that little further. In the book, Ross uses many techniques to keep his mind in check.

One of these is journaling, which I have also recently taken up and am already finding it useful in how I reflect and adapt my attitude towards life. It has taught me to be grateful for what I have and who I am but also strive to push myself to be the best that I can be. His philosophy teaches him and us that virtue is happiness and that we shouldn't focus on events outwith our control the uncontrollables and instead focus our attention on those we can control such as our attitude and mood toward the events the controllables. Ross also uses Greek mythology to guide him through the toughest parts of the swim. But "difficulties show a person's character", and this quote from Epictetus pushed Ross to continue despite the tough conditions as he will only come out stronger. Though it was Aurelius that made him get through this dark and difficult time more effectively.

Aurelius' endurance, and how he managed rule an empire, even with having what is known today as stomach ulcers lead him to believe that; you can endure anything that your mind can make endurable, by treating it as in your interest to do so. Ross didn't go into the swim unprepared however, he expresses about 'getting wintered' which is typically cold, hard, brutal preparation. He states that if you want to get prepared for something, you must complete a strict training plan, so he then shows us every detail of his own plan in preparation for the swim. For me, however, the biggest eye-opener was when the discussion moved towards Eddie Hall worlds strongest man being able to swim m lengths in a 1min 20s split, which, if you have ever seen Eddie "The Beast" Hall is madness, but when you go into further detail on Eddie's training plan and find that it always includes some form of cardio, it begins to make sense.

High-intensity training is one way to prepare for an event, and Ross found that this type of training, not only expands the capabilities and muscles of the heart but also recalibrates the brain's perception to pain, allowing you to withstand more. He also discusses, what is widely known as the 'fight or flight' stimulant, when you feel threatened, stating that being able to control this mechanism makes you more resilient by ensuring you only use it when you need it.

Not at your desk at work, as Ross puts it. The Royal Marines philosophy states "cheerfulness in the face of adversity" and Ross utilises this to his benefit by controlling the controllables emotions, mood and mental well-being to be happy in tough times. By doing this, it has a profound effect on your resistance. I have personally been trying to keep a positive mindset throughout life and have found that by looking for the positives in any situation, putting a stop to the moaning and negative moods, it has helped with my happiness in general and I have come to have a much greater outlook on life. Ross finishes the book in the best way, simply saying that anything is possible! If you follow the principles outlined in this book,

push yourself and work hard, focus on the controllables and have a positive outlook, you will be able to do anything you put your mind to! Dec 31, Petrucha rated it it was amazing

Apr 30, Chris rated it really liked it. My favourite philosophical ideas combined with sports science. What's not to love. Opted for the audiobook. This was excellent! I somehow missed the Great British Swim when it actually happened but discovered Ross when he popped up in a YouTube recommendation. This book tells the story of how he swam around Great Britain.

I'm always fascinated by stories about huge endurance events but I really liked about this one was that it was part story and part thesis on how went about it. So many references to the literature he used during his research that you could spend months, even years poring over it which he obviously did! As well as the theory the story itself is great. Really gets across the hardship endured as well as the brighter moments. Very inspiring as well as informative! I'm a bit torn here. I wanted to love this book, and it is a compelling read for the most part. The positives first: Ross Edgley is insanely fit, and a passionate advocate for fitness, and wellness more generally. On pretty much every page you feel that he genuinely wants to help others find and pursue their own athletic adventures.

That comes across as an infectious enthusiasm throughout the book, paired with lots of research in sports science. If you follow Ross on social media you know he has a loyal following, and when you read this book you get a sense for why: he seems like a really great guy who cares deeply about friends and family, and who sincerely wants to help others achieve their goals. Pair that personality and stunning physique! The book is as much about relationships - family, friends, crew - and how much they matter, as it is about a crazy training regimen and amazing athletic feat: a staged wetsuit swim around Great Britain, with no rest days other than storm-imposed lockdowns in safe harbour, and no setting foot on shore between start and finish.

This ground-breaking book represents a paradigm shift in what we thought the human body and mind were capable of and will give you a blueprint to become a tougher, more resilient and ultimately better human. Ross Edgley is a bestselling author, award-winning adventurer and leading international expert on resilience. He is also the author of the Sunday Times bestseller *The World's Fittest Book* and is renowned for his gruelling athletic adventures, the most recent of which saw him become the first swimmer ever to circumnavigate mainland Britain.

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Hi, Guest Log in. Close menu. Close cart. Check out. Your cart is currently empty. Close esc. Tax included. Shipping calculated at checkout. Please type in your email address in order to receive an email with instructions on how to reset your password. Now Ross focuses on mental strength, stoicism and the training needed to create an unbreakable body. Ross Edgley famously ran a marathon pulling a 1. Now, in *The Art of Resilience*, Ross uses his swim experience and other amazing endurance feats, where he managed to overcome seemingly insurmountable pain, hardship and adversity, to study the performance of extreme athletes, military and fitness specialists and psychologists to uncover the secrets of mental fitness and explore the concept of resilience, persistence, valour and a disciplined mindset in overcoming adversity.

This ground-breaking book represents a paradigm shift in what we thought the human body and mind were capable of and will give you a blueprint to become a tougher, more resilient and ultimately better human — whatever the challenge you face. Amazing book Told directly by Ross it is a

motivational bomb, a crazy journey! I recommend listening! By clicking "Notify Me" you consent to receiving electronic marketing communications from Audiobooks. You will be able to unsubscribe at any time. Sign up Login. Remember Me. Forgot your password? Close Login. Forgot Password. Close Reset Password. Processing Please Don't Refresh the Page. Play Sample. Give as a Gift Send this book as a Gift! Book Rating Unabridged Audiobook. Remove From Cart. Date: June

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Ross uses his swim experience and other amazing endurance feats, where he managed to overcome seemingly insurmountable pain, hardship and adversity, to study the performance of extreme athletes, military and fitness specialists and psychologists to uncover the secrets of mental fitness and explore the concept of resilience, persistence, valour and a disciplined mindset in overcoming adversity. This ground-breaking book represents a paradigm shift in what we thought the human body and mind were capable of and will give you a blueprint to become a tougher, more resilient and ultimately better human. Ross Edgley is a bestselling author, award-winning adventurer and leading international expert on resilience. He is also the author of the Sunday Times bestseller *The World's Fittest Book* and is renowned for his gruelling athletic adventures, the most recent of which saw him become the first swimmer ever to circumnavigate mainland Britain.

If you are not happy with your purchase for any reason, we will gladly accept your return within 14 days. Though devastated, he decides to complete the swim instead of returning home and uses the need to get home to his dad as motivation to complete sections of the swim in record time. The book also contains lighter stories of his time spent abroad in countries from Namibia to Japan. In a particularly amusing section in Lesson 11, Edgley writes about an experience he had while travelling in the Brazilian rainforest in *The Art of Resilience* is a compelling book which demonstrates the power of the mind and proves that Edgley is not super-human — merely a master of mental fortitude.

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