



Long Distance: Testing the Limits of Body and Spirit in a Year of Living Strenuously

Bill McKibben

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A new edition of a classic McKibben book about what it takes to be a world-class athlete and where the true meaning of endurance can be found.

At 37, the celebrated writer and environmentalist Bill McKibben took a break from the life of the mind to put himself to the ultimate test: devoting a year to train as a competitive cross-country skier. Consulting with personal trainers, coaches, and doctors at the US Olympic Center, he followed the rigorous training regimen of a world-class athlete.

Along the way, he learned to cope with his physical limitations and, when his father was diagnosed with a life-threatening brain tumor, discovered something about the real meaning of endurance.

Told with his trademark intelligence, humor, and honesty, Long Distance is an insightful examination of the culture and mind-set of endurance athletes, and a moving and inspiring meditation on finding balance in our often harried lives.

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