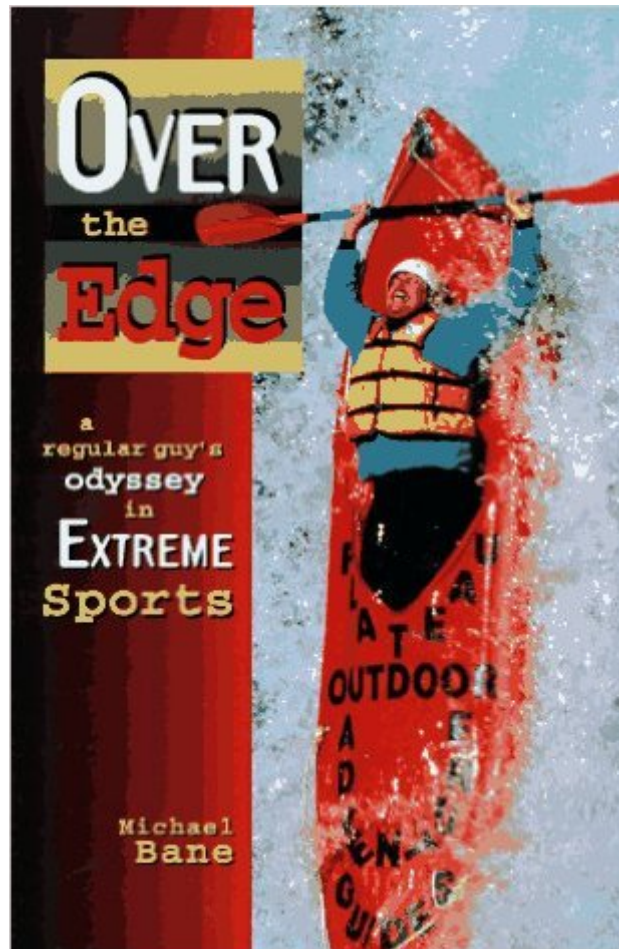


The book was found

Over The Edge: A Regular Guy's Odyssey In Extreme Sports



Synopsis

The compelling story of a man pushing his body and mind to the limit One day a few years ago, Michael Bane put down his remote control and picked up a whole new way of living that involved dying almost every day. He entered the world of extreme sports -- kayaking off waterfalls, diving in underwater caves, marathoning in Death Valley -- and has never looked back. Over the Edge is the gripping tale of his adventures tackling 13 risky sports, detailing the physical and mental preparation, the participation in these punishing yet exhilarating endeavors, and the arrival at the realization that this climb, flight, or dive might be his last. But he's survived so far to tell his tale and it's an engrossing read. It's not a guide book, a sourcebook, or a how-to. It's an everyman's journey to the edge and back.

Book Information

Hardcover: 246 pages

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Language: English

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Product Dimensions: 0.8 x 6.5 x 9.5 inches

Shipping Weight: 1 pounds

Average Customer Review: 4.2 out of 5 stars Â See all reviews Â (10 customer reviews)

Best Sellers Rank: #220,913 in Books (See Top 100 in Books) #79 in Â Books > Sports & Outdoors > Extreme Sports #1250 in Â Books > Biographies & Memoirs > Sports & Outdoors

Customer Reviews

I started reading "Over the Edge" the Saturday of Labor day weekend thinking that I would read it around the weekend activities and ended up not being able to put it down to the detriment of some activities. Bane draws you in and you become as obsessed with the LIST as he was. From cave diving to climbing Mt McKinley Bane weaves an autobiography that only someone that is partly crazy could write. But the more that I read the more I started to reevaluate my life. At 51 I am no longer young enough to punish my body like he did but he has motivated me to make my own list of things that I have wanted to do in the past and always found an excuse not to do. Banes' book shows you that your only limited by your own limitations and that risk is relative to reward. "Over the Edge" gives desk jockeys like myself a new insight into the meaning of Risk. After reading Banes' book you will look at risk with a whole new perspective. A cross between story and philosophy "Over

the Edge" should be read by anyone that wants to make a profound change in their life, be it loosing weight or starting the next billion dollar dotcom company.

Have you ever felt that there must be more out there than the rut or routine you are in? Ever wonder what it is like to complete something which really looks cool and exciting? This book is the story of a "middle aged" man who decided to push himself over the edge, and to see what it was like out there. In a pizza den or a bar, Michael Bane scribbled a list of 13 extreme activities that he knew nothing about, but which he was determined to do. Michael Bane takes the reader through THE LIST, through the emotions and feelings he encountered, through the sweat, the pain and the failure of achievement. If you need some additional motivation or some get-up-an-go this would be the hassle free way of starting the discovery of what you, normal person, can achieve if you really want to. On the other hand, for the couch potatoes, this would be a great way to experience a part of the Extreme Lifestyle, which you sometimes hear about, or see on TV!

Being your average, near-40, near-couch potato, I loved this book. I didn't know squat about any of the sports, so I enjoyed his descriptions of what they require and some of the main events. Best of all, his writing style is seriously funny. I laughed out loud so many times that my wife wanted to read a few chapters just to see what was entertaining me so. Once I was done reading the book I decided that it really was time for me to run that marathon I'd been talking about for the last 25 years. And you know what? I did it. Thanks Michael Bane.

I stumbled accross this book accidentally in a book shop, and I have to say it has totally changed my outlook on life. I have always been the sort of person who wanted to do crazy things like parachuting and cave diving, but was never sure if normal people like me could. After reading this book I know the only limiting factor is your own mind. All things are possible. Thank you Michael for an inspirational read. I read it through the night as I couldn't put it down. I would recomend it to anyone with a sense of adventure and a sense of humour!

Inspiring reading that makes you take a good hard look at your own list! If you can read this book without telling others about it and wondering exactly how crazy this guy is you should be signing up for your place in the Death valley Marathon! Personally I will stick to the local fun run!

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