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Spartan is more than a race; it's a way of life. We believe that you can't have a strong body without a strong mind, that you can't grow without pressure, that obstacles help shift our frame of reference and make us more resilient. We believe that signing up for a race holds us accountable and keeps us motivated to train harder and eat healthier. With more than 200 events in over 30 ...

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A life strategy guide by the creator of the Spartan Race explains how the principles that bring about success in an extreme sports environment can help anyone achieve his or her full potential in life, business, and relationships.

From the best-selling author of Spartan Up! a complete 30-day workout and diet plan to help you reach peak performance Joe De Sena designed the Spartan races to test overall conditioning: strength, flexibility, endurance, and speed. His signature take-no-prisoners approach to achieving physical and mental fitness has taken the endurance world by storm and inspired millions. Now in Spartan Fit!, De Sena breaks down that approach and gives readers the tools they need to conquer the course — and life, including: • A 30-day workout and diet plan to prepare for the Spartan Sprint — or to just get you in shape • Full-body workouts requiring no gym, no weights • How to build on one race to the next • Inspiring, motivating stories of Spartans A complete Spartan training guide, Spartan Fit! will arm readers with the strength, knowledge, and grit to never question their potential again.

Lawrence of Arabia meets Sebastian Junger's War in this unique, incendiary, and dramatic true story of heroism and heartbreak in Afghanistan written by a Pulitzer Prize–nominated war correspondent. Army Special Forces Major Jim Gant changed the face of America's war effort in Afghanistan. A decorated Green Beret who spent years in Afghanistan and Iraq training indigenous fighters, Gant argued for embedding autonomous units with tribes across Afghanistan to earn the Afghans' trust and transform them into a reliable ally with whom we could defeat the Taliban and counter al-Qaeda networks. The military's top brass, including General David Petraeus, commander of U.S. Forces in Afghanistan, approved, and Gant was tasked with implementing his controversial strategy. Veteran war correspondent Ann Scott Tyson first spoke with Gant when he was awarded the Silver Star in 2007. Tyson soon came to share Gant's vision, so she accompanied him to Afghanistan, risking her life to embed with the tribes and chronicle their experience. And then they fell in love. Illustrated with dozens of photographs, American Spartan is their remarkable story—one of the most riveting, emotional narratives of wartime ever published.

How do we create new ways of looking at the world? Join award-winning data storyteller RJ Andrews as he pushes beyond the usual how-to, and takes you on an adventure into the rich art of informing. Creating Info We Trust is a craft that puts the world into forms that are strong and true. It begins with maps, diagrams, and charts — but must push further than dry defaults to be truly effective. How do we attract attention? How can we offer audiences valuable experiences worth their time? How can we help people access complexity? Dark and mysterious, but full of potential, data is the raw material from which new understanding can emerge. Become a hero of the information age as you learn how to dip into the chaos of data and emerge with new understanding that can entertain, improve, and inspire. Whether you call the craft data storytelling, data visualization, data journalism, dashboard design, or infographic creation — what matters is that you are courageously confronting the chaos of it all in order to improve how people see the world. Info We Trust is written for everyone who straddles the domains of data and people: data visualization professionals, analysts, and all who are enthusiastic for seeing the world in new ways. This book draws from the entirety of human experience, quantitative and poetic. It teaches advanced techniques, such as visual metaphor and data transformations, in order to create more human presentations of data. It also shows how we can learn from print advertising, engineering, museum curation, and mythology archetypes. This human-centered approach works with machines to design information for people. Advance your understanding beyond by learning from a broad tradition of putting things "in formation" to create new and wonderful ways of opening our eyes to the world. Info We Trust takes a thoroughly original point of attack on the art of informing. It builds on decades of best practices and adds the creative enthusiasm of a world-class data storyteller. Info We Trust is lavishly illustrated with hundreds of original compositions designed to illuminate the craft, delight the reader, and inspire a generation of data storytellers.

Winners of the Paul Ehrlich Prize The dramatic story of the married scientists who founded BioNTech and developed the first vaccine against COVID-19. Nobody thought it was possible. In mid-January 2020, Ugur Sahin told Özlem Türeci, his wife and decades-long research partner, that a vaccine against what would soon be known as COVID-19 could be developed and safely injected into the arms of millions before the end of the year. His confidence was built upon almost thirty years of research. While working to revolutionize the way that cancerous tumors are treated, the couple had explored a volatile and overlooked molecule called messenger RNA; they believed it could be harnessed to redirect the immune system's forces against any number of diseases. As the founders of BioNTech, they faced widespread skepticism from the scientific community at first; but by the time Sars-Cov-2 was discovered in Wuhan, China, BioNTech was prepared to deploy cutting edge technology and create the world's first clinically approved inoculation for the coronavirus. The Vaccine draws back the curtain on one of the most important medical breakthroughs of our age; it will reveal how Doctors Sahin and Türeci were able to develop twenty vaccine candidates within weeks, convince Big Pharma to support their ambitious project, navigate political interference from the Trump administration and the European Union, and provide more than three billion doses of the Pfizer/BioNTech vaccine to countries around the world in record time. Written by Joe Miller—the Financial Times' Frankfurt correspondent who covered BioNTech's COVID-19 project in real time—with contributions from Sahin and Türeci, as well as interviews with more than sixty scientists, politicians, public health officials, and BioNTech staff, the book covers key events throughout the extraordinary year, as well as exploring the scientific, economic, and personal background of each medical innovation. Crafted to be both completely accessible to the average reader and filled with details that will fascinate seasoned microbiologists, The Vaccine explains the science behind the breakthrough, at a time when public confidence in vaccine safety and efficacy is crucial to bringing an end to this pandemic.

This cultural history of Ancient Sparta chronicles the rise of its legendary military power and offers revealing insight into the people behind the myths. The Spartans of ancient Greece are typically portrayed as macho heroes: noble, laconic, totally fearless, and impervious to pain. And indeed, they often lived up to this image. But life was not as simple as this image suggests. In truth, ancient Sparta was a city of contrasts. We might admire their physical toughness, but Spartans also systematically abused their children. They gave rights to female citizens that were unmatched in Europe until the modern era, meanwhile subjecting their conquered subject peoples to a murderous reign of terror. Though idealized by the Athenian contemporaries of Socrates, Sparta was almost devoid of intellectual achievement. In this revealing history of Spartan society, Philip Matyszak chronicles the rise of the city from a Peloponnesian village to the military superpower of Greece. Above all, Matyszak investigates the role of the Spartan hoplite, the archetypal Greek warrior who was feared throughout Greece in his own day and has since become a legend. The reader is shown the man behind the myth; who he was, who he thought he was, and the environment which produced him.

WISDOM TO CREATE A LIFE OF FULFILLMENT, PURPOSE, AND MEANING"The Warrior and The Monk" tells the extraordinary story of a young warrior who seeks the counsel of a wise monk on a universal quest to find true happiness. On a life-changing journey, the wise monk imparts practical lessons for the young warrior that teach us to: - DEVELOP A PERSONAL RELATIONSHIP WITH GOD, - ENHANCE THE QUALITY OF YOUR THINKING, - DISCOVER YOUR INNER SOURCE OF ABUNDANCE, - MASTER THE POWER OF YOUR SPEAKING, AND- INCREASE THE STRENGTH OF YOUR "TRUE CORE""Greg Amundson is a Spiritual Warrior, and his work will bless your life."- DAN BRULÉ, International bestselling author of "Just Breathe""'The Warrior and The Monk'" is an inspiring, timely and courageously articulated perspective on seeking (and discovering) a personal relationship with God."- ROBERT VERA, #1 Amazon bestselling author of "A Warrior's Faith""Greg's ability to transcend boundaries and speak to the essence of spirituality is profound and encouraging."- SCOTT McEWEN, #1 New York Times bestselling co-author of "American Sniper""The first step to self-mastery is reading "The Warrior and The Monk" and considering the 'Way of the Warrior' as Greg Amundson is now teaching it."- JOE DE SENA, SPARTAN Founder & CEO and #1 New York Times bestselling author of "Spartan Up!"About the Author: GREG AMUNDSON is among the nation's forefront authorities on integrated wellness. A former DEA Special Agent, SWAT Operator, and Army Captain turned Kokoro Yoga Instructor and graduate of Western Theological Seminary, Greg's message will help you internalize disciplined practices that are central to developing a relationship with God. His integration of the Mind, Body, and Spirit offers a unique perspective to keep you thriving in all aspects of your life. For more information, visit www.GregoryAmundson.com.

I am Axios of Sparta, and I was born to kill. At age seven, I left home to train with other boys where we were taught obedience, solidarity, military strategy, and how to withstand pain. My harsh upbringing stripped me of my weaknesses and forced me to become strong. Ruthless.But, I craved something greater-a life I could never have.Against all odds, and the toughest training a warrior could endure, I found an unexpected love in the arms of a fellow Spartan. He was the very air I breathed and the water that sustained me. Fighting side by side with him, we were invincible. Where he went, I followed.However, there was no place for love in Sparta. Feelings were for the weak. The only life for a Spartan was one of battle and brutality with no guarantee of tomorrow. In times of war, all men were put to the test, but the greatest challenge for us was not one of swords and spears, but of the heart.

The central feature of every true lottery is that all rational evaluation is deliberately excluded. Once this principle is grasped, the author argues, we can begin to understand exactly what benefits sortition can bring to the political community. The book includes a study of the use of sortition in ancient Athens and in late medieval and renaissance Italy. It also includes commentary on the contributions to sortition made by Machiavelli, Guicciardini, Harrington and Paine; an account of the history of the randomly-selected jury; and new research into lesser-known examples from England, America and revolutionary France.

Travel back in time with brothers Arthur and Finn to change the life of one Spartan soldier and make sure he saves his family before his final battle. Fascinating historical facts combine with action-packed fiction to create a dramatic and gripping adventure. This fast-paced and exciting narrative will leave the reader on the edge of their seat. Will the boys succeed in completing their mission, avoid the wrath of the Persian Army and make it back to the present in once piece?

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