



Inspired: Lessons Learned From A Life of Adventure

Dean Cardinale

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Every life lived to the fullest is an adventure. It is also a lesson. Come along on a trip to some of the world's most exotic locales with one of the world's preeminent adventure tour guides as he takes you just beyond your comfort zone in *Inspired*. Here are ten stories about pushing yourself to the limit - growing, learning, giving, meditating, striving, being better, being your best. These are stories not just of adventure, but of life. What does it feel like to summit Mt. Everest? To crawl off a mountain on your hands and knees, blinded by a blizzard? To be held captive for days in a storage container? To quit your job to follow your dreams - only to find yourself broke and living in a tent in the woods? To then start first your own business, and then a nonprofit in order to give back? Learn what the mountains have to teach you about life, and what one life can teach you about your own. *Inspired* reminds us that a life lived to the fullest is as discomfiting as it is rewarding, and that we are all together on this adventure we call life.

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