



Lessons from Everest: Seven Powerful Steps to the Top of the World

Dr. Tim Warren

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"Into Thin Air" meets "The Secret" with a splash of humor! After a devastating failed attempt to climb Mt. Everest in 2007 and a brief period of mourning, Dr. Tim Warren became focused on learning the lessons that had been revealed to him while hiking alone for three days down the Khumbu Valley of Nepal to heal his damaged lung tissue in the luxury of oxygen-rich lower altitude. He felt an overpowering desire to return to the mountain the next year and experienced a clear vision of himself at the summit and arriving safely back in base camp. After testing those lessons over the next year-and-a-half, and within an inch of his life, he achieved this goal. Equally importantly, he realized that the lessons learned on the "Big E" were universal to people seeking to overcome difficulties in life or simply to edge a little closer to their full potential. Lessons From Everest describes seven lessons, each a stepping stone to greater understanding and awareness of the reader's inner journey to their own Everest with a healthy dose of seat-of-your-pants adventure.

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