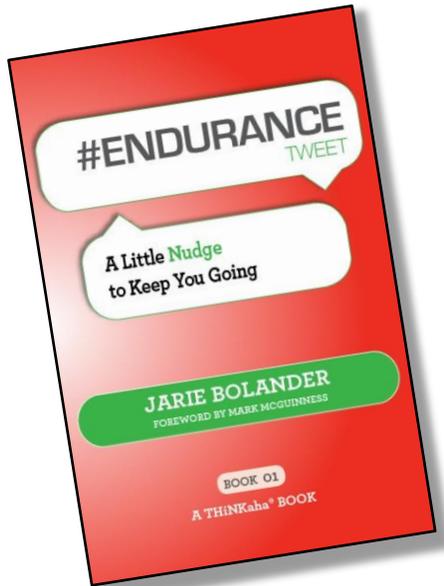


A Little Nudge to Keep You Going



Engineer by profession and endurance athlete by passion, author *Jarie Bolander* knows first-hand about the struggle we all encounter to get going and keep going.

With the true passion and grit of an endurance athlete, he has completed more than a dozen triathlons. He knows that the key to achievement is to “out-endure” everybody else. Jarie firmly believes that most of us can, with the right mindset and determination, pull through with winning colors.



Jarie Bolander

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Author *Jarie Bolander's* #ENDURANCE tweet is just that kind of book. Jarie wrote it for all of us for when we need a little nudge to keep reaching our goals. Most of us do not look for a book that helps us set our goals—we already have those in mind. What we look for is help getting over the hump; overcoming the inertia that sets in and keeps us from taking the first step and making it all the way towards our goals.

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