



Summit Strategies: Secrets To Mastering The Everest In Your Life

By Gary P. Scott



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Using mountain climbing as a metaphor for life, international climber Gary Scott explains how everyone has their own Mount Everest to climb, conquer, and learn from. Summit Strategies outlines ten simple lessons to help readers conquer personal mountains. Topics include setting goals, building fundamental skills, leaving behind unnecessary baggage, and collaborating with others. This book offers a combination of adrenaline-raising adventure tales and personal motivation strategies from a man who has led over 30 Himalayan expeditions.



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Editorial Review

Review

"We all have an Everest to climb and master in our lives. This book gives the steps to take to help you overcome your doubts and fears and move closer to your dreams." -- David Breashears, leader and co-director of the Everest IMAX Filming Expedition

"No matter what your goals are, *Summit Strategies* will help and inspire you to climb your personal Everest." -- Ed Webster, mountaineer and author of *Snow in the Kingdom: My Storm Years on Everest*

"Gary Scott is a rock solid person--as stable as the mountains he has climbed. Listen to the ideas and principles in this book. They are true, forthright, and can apply in your own life." -- Michael A. Boylan, author of *The Power to Get In*

About the Author

Gary Scott is an international mountain guide and the world-record holder for the fastest ascent of Alaska's Mt. McKinley. A pioneer of extreme rock climbing, Gary has spent over twenty years climbing and exploring much of the world. He is also an accomplished motivational speaker and owns an adventure travel business in Colorado.

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