



Exploring Edges: Field Notes From Experiments in Medicine, Endurance Sports, and Love

Travis A. Stephensen

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When saving lives was making him sick, physician Travis Stephensen set out with the most unlikely of travelling companions to find a cure. This wise and lively tale is the remarkable true story of his quest to find sanity in suffering. He learns to quit running from it so that he can run with it. Along the way he must make peace with God and demons, dogs and god-like athletes, his ancestors and his children. Stephensen chronicles his adventures of racing thoughts and erasing doubts; of chasing dreams and endurance extremes in a fitness manifesto. Exploring Edges is a transcendent journey into the wildness of the human mind and the difficulty, and rewards, of domesticating the human body. It is a book that challenges all of us to rethink who we are and what we are really capable of.

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