



# Summit Strategies: Secrets To Mastering The Everest In Your Life

*Gary P. Scott*

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## **Summit Strategies: Secrets To Mastering The Everest In Your Life** Gary P. Scott

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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