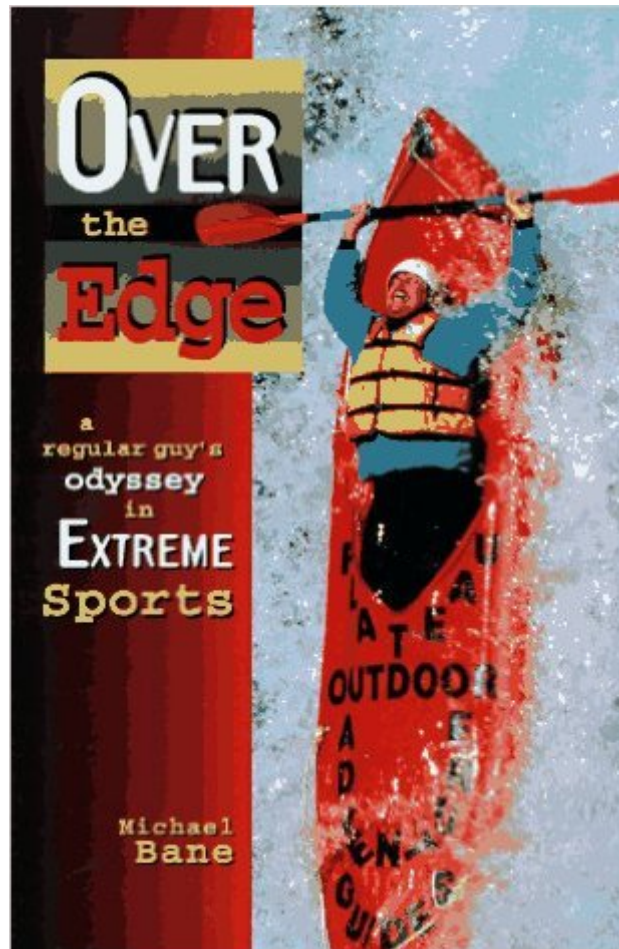


The book was found

Over The Edge: A Regular Guy's Odyssey In Extreme Sports



Synopsis

The compelling story of a man pushing his body and mind to the limit One day a few years ago, Michael Bane put down his remote control and picked up a whole new way of living that involved dying almost every day. He entered the world of extreme sports -- kayaking off waterfalls, diving in underwater caves, marathoning in Death Valley -- and has never looked back. *Over the Edge* is the gripping tale of his adventures tackling 13 risky sports, detailing the physical and mental preparation, the participation in these punishing yet exhilarating endeavors, and the arrival at the realization that this climb, flight, or dive might be his last. But he's survived so far to tell his tale and it's an engrossing read. It's not a guide book, a sourcebook, or a how-to. It's an everyman's journey to the edge and back.

Book Information

Hardcover: 246 pages

Publisher: Macmillan General Reference; First Edition edition (July 1996)

Language: English

ISBN-10: 0028604261

ISBN-13: 978-0028604268

Product Dimensions: 0.8 x 6.5 x 9.5 inches

Shipping Weight: 1 pounds

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (10 customer reviews)

Best Sellers Rank: #220,913 in Books (See Top 100 in Books) #79 in [Books > Sports & Outdoors > Extreme Sports](#) #1250 in [Books > Biographies & Memoirs > Sports & Outdoors](#)

Customer Reviews

I started reading "Over the Edge" the Saturday of Labor day weekend thinking that I would read it around the weekend activities and ended up not being able to put it down to the detriment of some activities. Bane draws you in and you become as obsessed with the LIST as he was. From cave diving to climbing Mt Mckinley Bane weaves an autobiography that only someone that is partly crazy could write. But the more that I read the more I started to reevaluate my life. At 51 I am no longer young enough to punish my body like he did but he has motivated me to make my own list of things that I have wanted to do in the past and always found an excuse not to do. Banes' book shows you that your only limited by your own limitations and that risk is relative to reward. "Over the Edge" gives desk jockeys like myself a new insight into the meaning of Risk. After reading Banes' book you will look at risk with a whole new perspective. A cross between story and philosophy "Over

the Edge" should be read by anyone that wants to make a profound change in their life, be it losing weight or starting the next billion dollar dotcom company.

Have you ever felt that there must be more out there than the rut or routine you are in? Ever wonder what it is like to complete something which really looks cool and exciting? This book is the story of a "middle aged" man who decided to push himself over the edge, and to see what it was like out there. In a pizza den or a bar, Michael Bane scribbled a list of 13 extreme activities that he knew nothing about, but which he was determined to do. Michael Bane takes the reader through THE LIST, through the emotions and feelings he encountered, through the sweat, the pain and the failure of achievement. If you need some additional motivation or some get-up-an-go this would be the hassle free way of starting the discovery of what you, normal person, can achieve if you really want to. On the other hand, for the couch potatoes, this would be a great way to experience a part of the Extreme Lifestyle, which you sometimes hear about, or see on TV!

Being your average, near-40, near-couch potato, I loved this book. I didn't know squat about any of the sports, so I enjoyed his descriptions of what they require and some of the main events. Best of all, his writing style is seriously funny. I laughed out loud so many times that my wife wanted to read a few chapters just to see what was entertaining me so. Once I was done reading the book I decided that it really was time for me to run that marathon I'd been talking about for the last 25 years. And you know what? I did it. Thanks Michael Bane.

I stumbled across this book accidentally in a book shop, and I have to say it has totally changed my outlook on life. I have always been the sort of person who wanted to do crazy things like parachuting and cave diving, but was never sure if normal people like me could. After reading this book I know the only limiting factor is your own mind. All things are possible. Thank you Michael for an inspirational read. I read it through the night as I couldn't put it down. I would recommend it to anyone with a sense of adventure and a sense of humour!

Inspiring reading that makes you take a good hard look at your own list! If you can read this book without telling others about it and wondering exactly how crazy this guy is you should be signing up for your place in the Death valley Marathon! Personally I will stick to the local fun run!

[Download to continue reading...](#)

Over the Edge: A Regular Guy's Odyssey in Extreme Sports SNOWBOARDING: A guide book on

how to learn the extreme sports winter adventure (snowboarding games, extreme adventure, winter sports) Extreme Sports (Extreme Sports No Limits!) Regular Expression Pocket Reference: Regular Expressions for Perl, Ruby, PHP, Python, C, Java and .NET (Pocket Reference (O'Reilly)) Galaxy S6: The Complete Galaxy S6 & S6 Edge User Guide - Learn How To Get The Most Out Of Your Samsung Galaxy S6 And S6 Edge, Plus 22 Helpful Tips and Tricks! (S6 Edge, Android, Smartphone) Galaxy S7 & S7 Edge: The Complete Galaxy S7 & S7 Edge User Manual - How to Start Using Your Galaxy S7, Plus Advanced Tips & Tricks And Amazing Galaxy S7 Features! (S7 Edge, Android, Smartphone) Bravo, supermosca! / Hooray for Fly Guy! (Supermosca / Fly Guy) (Spanish Edition) Ignore the Guy, Get the Guy: The Art of No Contact: A Woman's Survival Guide to Mastering A Breakup and Taking Back Her Power Extreme Coloring Amazing World: Relax and Unwind, One Splash of Color at a Time (Extreme Art!) Extreme Love (Love to the Extreme Book 1) The Book of Basketball: The NBA According to The Sports Guy The Guy on the Left: Sports Stories from the Best Seat in the House Leading on the Edge: Extraordinary Stories and Leadership Insights from The World's Most Extreme Workplace On the Edge: Leadership Lessons from Mount Everest and Other Extreme Environments Sports Betting for Beginners: How To Read The Sports Odds So You Can Turn A Few Dollars Into Big Winnings With Sports Betting! Sports Betting: Tools, Strategies, and Principles Behind Winning Sport Predictions: Sports Investing and Making Money in NBA, NFL, NCAA, Football and Basketball ... Sports Wagering, NFL Betting, NBA Betting) Sports Illustrated Almanac 2015 (Sports Illustrated Sports Almanac) Olympic Sports - When and How? : History of Olympic Sports Then, Now And Beyond: Olympic Books for Kids (Children's Olympic Sports Books) Galaxy S6: The Ultimate Galaxy S6 & S6 Edge User Guide - How To Use Galaxy S6, Instructions With Advanced Tips & Tricks And Hidden Galaxy S6 Features! (S6 Edge, Android, Smartphone) Get the Edge at Craps (Scobleto Get-The-Edge Guide)

[Dmca](#)