

9 Out Of 10 Climbers Make The Same Mistakes Dave Macleod

Handbook for experienced climbers covers all the physical and psychological aspects of climbing training.

More and more people around the world are discovering how great climbing is, both indoors and outdoors. The Climbing Bible by internationally renowned climbers and coaches Martin Moberäten and Stian Christophersen is a comprehensive guide to help you train effectively to become a better climber. The authors have been climbing coaches for a number of years. Based on their own extensive experience and research, this book collates the best European training techniques into one book with information on how to specifically train for the technical, physical and mental performance factors in climbing including endurance, power, motivation, fear of falling, and much more. It also deals with tactics, fingerboarding and finger strength, general training and injury prevention, injuries related to climbing, and training plans. It is illustrated with 400 technique and action photos, and features stories from top climbers as well as a foreword by climber and bestselling author Jo Nesbø. The Climbing Bible will help and motivate you to improve and develop as a climber and find even more joy in this fantastic sport.

As Wolfgang Gullich said, getting strong is easy, getting strong without getting injured is hard . Sooner or later, nearly all climbers get injured and it will be injuries that ultimately dictate how far you get in climbing, if you let them. Unfortunately, the data shows it takes over a decade just to get small proportions of medical research adopted in regular practice. Sourcing reliable and up to date advice on preventing and treating finger, elbow, shoulder and other climbing injuries is challenging to say the least. You need to be the expert, because there are so many strands of knowledge and practice to pull together to stay healthy as a climber, and no single source of advice to cover all of these. The book draws together both the cutting edge of peer reviewed sports medicine research, and the subtle concepts of changing your climbing habits and routine to prevent and successfully recover from injuries. It is a handbook on how to take care of yourself as a lifelong climbing athlete. By spanning the fields of climbing coaching, physiotherapy, sports medicine and behavioural science, it goes beyond the general advice on treating symptoms offered by sports medicine textbooks and into much more detail on technique and habits specific to climbing than the existing climbing literature base. You will learn how your current climbing habits are already causing your future injuries and what you can do to change that. If you are already injured, it will prevent you from prolonging your injury with the wrong climbing habits and rehabilitation choices. You will learn how the ingredients of prevention and good recovery come from wildly different sources and how you have been using only a fraction of them. Fully referenced throughout, the practical advice for diagnosis, rehabilitation and prevention of climbing injuries is drawn from up to date peer reviewed sports medicine research.

Reveals the long view from an icon who, with age, has added wisdom to his list of accomplishments
Messner climbing firsts: the world's fourteen peaks taller than 8000 meters; Everest solo; Everest without supplemental oxygen
Author of more than 60 books Reinhold Messner: My Life at the Limit, the newest book by the famed mountaineer, is a conversation between Messner and interviewer Thomas Hüetlin, an award-winning German journalist. It reveals a more thoughtful and conversational Messner than one finds in his previous books, with the talk between Messner and Hüetlin covering not only the highlights of Messner's climbing career, but also his treks across Tibet, the Gobi, and Antarctica; his five-year-stint as a member of the European Parliament; his encounter with and study of the yeti; his thoughts on traditional male/female roles; and much more. Readers learn about Messner's childhood, his thoughts about eating ice cream with girls (against), politics (mostly liberal), and his technique for killing chickens (sharp scissors). Messner is known as one of history's greatest Himalayan mountaineers, a man who pushed back the frontiers of the possible for a whole generation of climbers. While the interest in My Life at the Limit is that it exposes much more of the man than his climbing career, that career is still utterly remarkable
Mountaineers Books is proud to present this book, which is core to our mission, to audiences across North America.
For a limited time, donors to our Legends and Lore series will receive a signed copy of My Life at the Limit. Click here > to learn more.

Climb Injury-Free

Deep Play

Performance Rock Climbing

The Rock Climber's Training Manual

Fuel for the Send

The Guide to Movement, Training, Performance

Navigation Through the Maze of Advice for the Self-coached Climber

Climbing the world's most dangerous routes

From Ashima Shiraishi, one of the world's youngest and most skilled climbers, comes a true story of strength and perseverance--in rock climbing and in life. To a rock climber, a boulder is called a "problem," and you solve it by climbing to the top. There are twists and turns, falls and scrapes, and obstacles that seem insurmountable until you learn to see the possibilities within them. And then there is the moment of triumph, when there's nothing above you but sky and nothing below but a goal achieved. Ashima Shiraishi draws on her experience as a world-class climber in this story that challenges readers to tackle the problems in their own lives and rise to greater heights than they would have ever thought possible.

This is a book about strength training for rock climbers. Climbing is a skill sport, but in order to maximize our skills, we need a foundation of strength. In this book, you will learn the building blocks of developing an optimal level of general strength and then adding specific climbing strength to it. Focusing both on gym-based strength training and specific finger strength training, the programs outlined in Unstoppable Force are designed to keep you climbing harder, longer, and free of injury. By developing a high level of strength, you can better withstand the rigors of hard specific climbing practice. Whether you are just looking to brush up on some fundamental exercises in the gym or are looking for a comprehensive training program for strength, this is the book you need. STRENGTH IS USEFUL. STRENGTH IS FUNDAMENTAL. STRENGTH IS SAFETY.

#1 NATIONAL BESTSELLER • "A harrowing tale of the perils of high-altitude climbing, a story of bad luck and worse judgment and of heartbreaking heroism." —PEOPLE
A bank of clouds was assembling on the not-so-distant horizon, but journalist-mountaineer Jon Krakauer, standing on the summit of Mt. Everest, saw nothing that "suggested that a murderous storm was bearing down." He was wrong. The storm, which claimed five lives and left countless more--including Krakauer's--in guilt-ridden disarray, would also provide the impetus for Into Thin Air, Krakauer's epic account of the May 1996 disaster. By writing Into Thin Air, Krakauer may have hoped to exorcise some of his own demons and lay to rest some of the painful questions that still surround the event. He takes great pains to provide a balanced picture of the people and events he witnessed and gives due credit to the tireless and dedicated Sherpas. He also avoids blasting easy targets such as Sandy Pittman, the wealthy socialite who brought an espresso maker along on the expedition. Krakauer's highly personal inquiry into the catastrophe provides a great deal of insight into what went wrong. But for Krakauer himself, further interviews and investigations only lead him to the conclusion that his perceived failures were directly responsible for a fellow climber's death. Clearly, Krakauer remains haunted by the disaster, and although he relates a number of incidents in which he acted selflessly and even heroically, he seems unable to view those instances objectively. In the end, despite his evenhanded and even generous assessment of others' actions, he reserves a full measure of vitriol for himself. This updated trade paperback edition of Into Thin Air includes an extensive new postscript that sheds fascinating light on the acrimonious debate that flared between Krakauer and Everest guide Anatoli Boukreev in the wake of the tragedy. "I have no doubt that Boukreev's intentions were good on summit day," writes Krakauer in the postscript, dated August 1999. "What disturbs me, though, was Boukreev's refusal to acknowledge the possibility that he made even a single poor decision. Never did he indicate that perhaps it wasn't the best choice to climb without gas or go down ahead of his clients." As usual, Krakauer supports his points with dogged research and a good dose of humility. But rather than continue the heated discourse that has raged since Into Thin Air's denouncement of guide Boukreev, Krakauer's tone is conciliatory; he points most of his criticism at G. Weston De Walt, who coauthored The Climb, Boukreev's version of events. And in a touching conclusion, Krakauer recounts his last conversation with the late Boukreev, in which the two weathered climbers agreed to disagree about certain points. Krakauer had great hopes to patch things up with Boukreev, but the Russian later died in an avalanche on another Himalayan peak, Annapurna I. In 1999, Krakauer received an Academy Award in Literature from the American Academy of Arts and Letters--a prestigious prize intended "to honor writers of exceptional accomplishment." According to the Academy's citation, "Krakauer combines the tenacity and courage of the finest tradition of investigative journalism with the stylish subtlety and profound insight of the born writer. His account of an ascent of Mount Everest has led to a general reevaluation of climbing and of the commercialization of what was once a romantic, solitary sport; while his account of the life and death of Christopher McCandless, who died of starvation after challenging the Alaskan wilderness, delves even more deeply and disturbingly into the fascination of nature and the devastating effects of its lure on a young and curious mind."

The astonishing, uplifting story of a real-life Indiana Jones and his humanitarian campaign to use education to combat terrorism in the Taliban's backyard Anyone who despairs of the individual's power to change lives has to read the story of Greg Mortenson, a homeless mountaineer who, following a 1993 climb of Pakistan's treacherous K2, was inspired by a chance encounter with impoverished mountain villagers and promised to build them a school. Over the next decade he built fifty-five schools—especially for girls—that offer a balanced education in one of the most isolated and dangerous regions on earth. As it chronicles Mortenson's quest, which has brought him into conflict with both enraged Islamists and uncomprehending Americans, Three Cups of Tea combines adventure with a celebration of the humanitarian spirit.

Using Nonlinear Periodization for Year-Round Climbing Performance

Logical Progression

How to Rock Climb!

Movement, Tactics, and Problem Solving

The Tower

Make Or Break

The Definitive Guide

High Infatuation

Patagonia's Cerro Torre, considered by many the most beautiful peak in the world, draws the finest and most devoted technical alpinists to its climbing challenges. But controversy has swirled around this ice-capped peak since Cesare Maestri claimed first ascent in 1959. Since then a debate has raged, with world-class climbers attempting to retrace his route but finding only contradictions. This chronicle of hubris, heroism, controversies and epic journeys offers a glimpse into the human condition, and why some pursue extreme endeavors that at face value have no worth.

2020 Banff Mountain Book Competition Finalist in Guidebooks
Crack climbing is a highly technical form of movement in which climbers position their hands, feet, and even their entire body in cracks to make upward progress on rock. An advocate for the sport's aesthetic lines, physicality, and technical know-how, author Pete Whittaker teaches more than sixty Crack School Masterclasses each year and was featured in the popular climbing film

Wide Boyz. This detailed and comprehensive guide teaches step-by-step techniques and tips, including for: Jamming (finger, hand, fist, foot, arm, leg, body) Crack types (chimneys, liebacks, underclings, roof cracks) How to safely lead and place protection Efficient positioning and movement Strength recovery while climbing

The essential manual for intermediate climbers who want to make the jump to advanced climbing ability—with new color photos In the sport of rock climbing, 5.12 is a magical grade of difficulty—the rating that separates intermediate climbers from the sport's elite. Many intermediate climbers mistakenly believe that climbs of 5.12 difficulty are simply beyond their reach. This revised and updated edition of Eric Horst's best-selling instructional manual dispels that myth, and shows average climbers how they can achieve heights previously considered the exclusive domain of the full-time climber. How to Climb 5.12 is a performance guidebook that will help climbers attain the most rapid gains in climbing ability possible. Horst provides streamlined tips and suggestions on such critical issues as cutting-edge strength training, mental training, and climbing strategy.

How to Climb 5.12 is the perfect manual to help intermediate climbers quickly along the road to mastery.

'When it comes to training for climbing, you are your own experiment.' Beastmaking by Ned Feehally is a book about training for climbing. It is designed to provide normal people – like you and me – with the tools we need to get the most out of our climbing. It is written by one of the world's top climbers and a co-founder of Beastmaker. It features sections on finger strength, fingerboarding, board training, mobility and core, and includes suggested exercises and workouts. There are insights from some of the world's top climbers, including Alex Honnold, Shauna Coxsey, Adam Ondra, Alex Puccio and Tomoa Narasaki. Free from jargon, it is intended to provide enough information for us to work out what we need to train, and to help us to train it.

Sixty Meters to Anywhere

One Man's Mission to Promote Peace . . . One School at a Time

How to Climb 5.12

A Philosophy for Bouldering

Reinhold Messner My Life at the - ebook

Three Cups of Tea

Maximum Climbing

The History of Rock Climbing in Colorado

• **The author is a popular journalist and blogger and the creator of Semi-rad.com • A full journey—from confusion to clarity, remorse to redemption • Will appeal to those searching for adventure and purpose**
When Brendan Leonard finished substance abuse treatment at age 23, he was lost. He knew what not to do—not drink alcohol and not get arrested again. But no one had told him what it was that he could do. He quickly realized that he had to reinvent himself, to find something other than alcohol and its social constructions to build his life around. A few years later, Brendan was sober and had completed a graduate degree in journalism, but he still felt he was treading water, searching for direction. Then his brother gave him a climbing rope. And along that sixty-meter lifeline, Brendan gradually found redemption in the crags of the American West. He became a climber, someone who learned to push past fear, to tough it out during long, grueling days in the mountains; someone who supported his partners, keeping them safe in dangerous situations and volatile environments; someone with confidence, purpose, and space to breathe. Sixty Meters to Anywhere is the painfully honest story of a life changed by climbing, and the sometimes nervous, sometimes nerve-wracking, and often awkward first years of recovery. In the mountains, Leonard ultimately finds a second chance. This is an inspired collection of thoughts on the practice of bouldering, bringing it into conversation with arts and sports as varied as architecture, dance, skateboarding, painting, parkour, martial arts and gymnastics. Reading it will enrich your climbing and encourage you to appreciate the natural physicalit and artful play of bouldering.

A dynamic package of training material from a pair of expert coaches, The Self-Coached Climber offers comprehensive instruction, from the basics of gripping holds to specific guidelines for developing a customized improvement plan. Hague and Hunter base their methods on the four fundamental components of all human movement—balance, force, time, and space—and explain how to apply these principles to achieve efficient results. The DVD presents live demonstrations of training exercises and features an original documentary of a 5.14a/b redpoint attempt by Adam Stack and Chris Lindner. Self-Coached Climber was named a finalist in the Mountain Exposition Category at the 2007 Banff Mountain Festival.

Krakauer's page-turning bestseller explores a famed missing person mystery while unraveling the larger riddles it holds: the profound pull of the American wilderness on our imagination; the allure of high-risk activities to young men of a certain cast of mind; the complex, charged bond between fathers and sons. "Terrifying... Eloquent... A heart-rending drama of human yearning." —New York Times
In April 1992 a young man from a well-to-do family hitchhiked to Alaska and walked alone into the wilderness north of Mt. McKinley. He had given \$25,000 in savings to charity, abandoned his car and most of his possessions, burned all the cash in his wallet, and invented a new life for himself. Four months later, his decomposed body was found by a moose hunter. How Christopher Johnson McCandless came to die is the unforgettable story of Into the Wild. Immediately after graduating from college in 1991, McCandless had roamed through the West and Southwest on a vision quest like those made by his heroes Jack London and John Muir. In the Mojave Desert he abandoned his car, stripped it of its license plates, and burned all of his cash. He would give himself a new name, Alexander Supertramp, and, unencumbered by money and belongings, he would be free to wallow in the raw, unfiltered experiences that nature presented. Craving a blank spot on the map, McCandless simply threw the maps away. Leaving behind his desperate parents and sister, he vanished into the wild. Jon Krakauer constructs a clarifying prism through which he reassembles the disquieting facts of McCandless's short life. Admitting an interest that borders on obsession, he searches for the clues to the drives and desires that propelled McCandless. When McCandless's innocent mistakes turn out to be irreversible and fatal, he becomes the stuff of tabloid headlines and is dismissed for his naiveté, pretensions, and hubris. He is said to have had a death wish but wanting to die is a very different thing from being compelled to look over the edge. Krakauer brings McCandless's uncompromising pilgrimage out of the shadows, and the peril, adversity, and renunciation sought by this enigmatic young man are illuminated with a rare understanding--and not an ounce of sentimentality. Mesmerizing, heartbreaking, Into the Wild is a tour de force. The power and luminosity of Jon Krakauer's stoytelling blaze through every page.

A Proven Injury Prevention and Rehabilitation System

A Dirtbag Climbing Book

The Golden Age of Polish Climbing

A Climber's Guide to Love and Gravity

Mental Training for Peak Performance and Optimal Experience

1001 Climbing Tips

Nutrition for Climbers

The Boulder

9 Out of 10 Climbers Make the Same MistakesNavigation Through the Maze of Advice for the Self-coached Climber

Ever wonder how to take your climbing to the next level? Has injury prevented you from climbing? Whether you're a professional athlete or a novice climber, ?Climb Injury-Free? is the guide that will take your climbing to the next level. The book utilizes the ?Rock Rehab Pyramid,? the most advanced injury prevention and athletic performance program built specifically for rock climbers. You will learn how to diagnosis, treat and prevent the 10 most common climbing injuries in step-by-step chapters.Learn exclusive injury advice with over 30 profiles from top professional climbers including Adam Ondra, Sasha DiGiulian Sean McColl, Jonathan Siegrist and many more. Now you can utilize the system used by thousands of climbers worldwide and see the results for yourself. Start today on the path to recovery and take your climbing to the next level. Climb on!

9 out of 10 climbers make the same mistakes - navigation through the maze of advice for the self-coached climber
9 out of 10 climbers are stuck. They are stuck on the same things. Some of the things that hold climbers back from improving their climbing standard are the same as they were twenty years ago: motivation, managing time, and not being able to analyse and correct their own basic technical or tactical errors. But they are also stuck for a new set of reasons. Twenty years ago, the problem was that no one knew how to train for climbing. Information was scarce and couldn't travel fast among the participants. Today, it's the opposite problem. Book after book lists techniques for climbing, exercises for climbing, tips for climbing. Navigating this barrage of information, filtering out the irrelevant and homing in on what matters to your life, your climbing and your circumstances has been the limiting step for today's climber. This book is the first to present the science of improving at climbing in a way that will actually help you make confident decisions and stay focused on the things that will make the biggest difference. Dave Macleod has crystallised 16 years experience as a world class climber, sport scientist and renowned coach into an accessible and thought provoking guide to improving at rock climbing.

The memoirs of the woman rock climber who was the first person to accomplish a "free ascent" of the Nose on Yosemite's El Capitan describe her early days as a Hollywood stunt artist, friendships with other climbers, near-fatal eighty-foot fall, and personal strategies. Reprint. 15,000 first printing.

Into Thin Air

Crack Climbing

Johnny Dawes

Why Do We Keep Making the Same Mistakes?

A fingers-first approach to becoming a better climber

9 Out of 10 Climbers Make the Same Mistakes

Hangdog Days

The Climbing Bible

The definitive resource to brain-training for climbing—by an internationally recognized expert As physical as climbing is, it is even more mental. Ultimately, people climb with their minds—hands and feet are merely extensions of their thoughts and will. Becoming a master climber requires that you first master your mind. In Maximum Climbing, America’s best-selling author on climbing performance presents a climber’s guide to the software of the brain—one that will prove invaluable whether one’s preference is bouldering, sport climbing, traditional climbing, alpine climbing, or mountaineering. Eric Hörst brings unprecedented clarity to the many cognitive and neurophysical aspects of climbing and dovetails this information into a complete program, setting forth three stages of mental training that correspond to beginner, intermediate, and elite levels of experience and commitment—the ideal template to build upon to personalize one’s goals through years of climbing to come.

Fast-paced history-cum-memoir about rock climbing in the wild-and-wooly ’80s Highlights ground-breaking achievements from the era Hangdog Days vividly chronicles the era when rock climbing exploded in popularity, attracting a new generation of talented climbers eager to reach new heights via harder routes and faster ascents. This contentious, often entertaining period gave rise to sport climbing, climbing gyms, and competitive climbing--indelibly transforming the sport. Jeff Smoot was one of those brash young climbers, and here he traces the development of traditional climbing “rules,” enforced first through peer pressure, then later through intimidation and sabotage. In the late ’70s, several climbers began introducing new tactics including “hangdogging,” hanging on gear to practice moves, that the old guard considered cheating. As more climbers broke ranks with traditional style, the new gymnastic approach pushed the limits of climbing from 5.12 to 5.13. When French climber Jean-Baptiste Tribout ascended To Bolt or Not to Be, 5.14a, at Smith Rock in 1986, he cracked a barrier many people had considered impenetrable. In his lively, fast-paced history enriched with insightful firsthand experience, Smoot focuses on the climbing achievements of three of the era’s superstars: John Bachar, Todd Skinner, and Alan Watts, while not neglecting the likes of Ray Jardine, Lynn Hill, Mark Hudon, Tony Yaniro, and Peter Croft. He deftly brings to life the characters and events of this raucous, revolutionary time in rock climbing, exploring, as he says, “what happened and why it mattered, not only to me but to the people involved and those who have followed.”

Drawing on new research in sports medicine, nutrition, and fitness, this book offers a training program to help any climber achieve superior performance and better mental concentration on the rock, with less risk of injury.

*CLICK HERE to download the free chapter called, "Training for Power" from Bouldering (Provide us with a little information and we'll send your download directly to your inbox) * Includes technical photographs, charts, and illustrations * Contributing photography and advice from Dave Graham, Daniel Woods, Jamie Emerson, and many others * Appendix highlights top bouldering destinations all over the world Bouldering: Movement, Tactics, and Problem Solving demonstrates not just the basics of how to boulder, but also how to get better at it and take it to the next level. Whether you’re a beginning climber who just started at the local gym, a competitive sport climber looking for a new challenge, or an aging alpinist who needs to take a season off from high-altitude, this guidebook offers something for everyone pursuing the art of bouldering: gear, movement, tactics, training, injury prevention, competitions, and more. Contributing photography and insights come from climbers such as Dave Graham, Jamie Emerson, Paul Robinson, Chris Schulte, Daniel Woods, Ty Landman, and many others, and an appendix highlights many of the top bouldering destinations all over the world.*

Rock Climbing Technique

Bouldering

Into the Wild

Mental Training for Climbers

The essential climbers’ guide: from rock, ice and big-wall climbing to diet, training and mountain survival

Climb!

Conflict, Change, and the Race for 5.14

Don't Let Climbing Injuries Dictate Your Success

Imagine an alien came down to Earth, stuck a probe into a climber’s brain - one who’d been climbing for over thirty years - and then transmogrified the contents into a big book of climbing tips. Well, 1001 Climbing Tips by Andy Kirkpatrick is just such a book. This is no regular instruction manual - it’s much more useful than that. This is a massive collection of all those little tips that make a real difference when at the crag, in the mountains, or when you’re planning your next big trip. It’s for anyone who hangs off stuff, or just hangs around in the mountains. These tips are based on three decades of climbing obsession, as well as nineteen ascents of El Cap, numerous Alpine north faces, trips to the polar ice caps, and many other scary climbs and expeditions. The following areas are covered: Basics, Safety, Big Wall, Ice, Mixed, Mountain, Training, and Stuff.

All the fundamentals, from ethics to getting up the climb, are presented in this instruction book. It has been updated to reflect current standards in equipment, technique and training and provides guidance for beginners and intermediate climbers.

Training for climbing can be fun, but sticking to a schedule can be desperately hard. Many climbers have seen the value of a carefully planned out, periodized training program. Clearly, such programs work, but many of us can't stick to such a rigid schedule. What if there were a better way? What if there were a more flexible way of planning that provided the same great results? And what if such a program allowed you to maintain high levels of climbing performance much longer than you could on a traditional program? For the climber that has limited time to train, there may be no better program than Logical Progression. For anyone who wants to get fit and stay fit for long trips and redpoint seasons, the program outlined in this book can give you a great advantage. Based on solid science and tested by hundreds of climbers, Logical Progression is a simple and very effective way of organizing your training, and making sure that progress keeps coming.

A no nonsense examination of what it takes to not only climb stronger, but to be a better climber.

Beastmaking

The Definitive Guide to Improving Your Performance

The Self-coached Climber

The Desert

Training for Climbing

How to Solve a Problem

The Hard Truth

Unstoppable Force

"The Desert is Luke Mehall’s fifth and final offering in his series of dirtbag climbing books. The book begins with Mehall’s first trip to The Desert, a visit to Indian Creek in 1999, and chronicles nearly two decades of experiences. Over time, the author grows from thinking that the redrock desert of the Colorado Plateau is just another stop along the way, to finding himself more and more at home there. Ultimately, the author’s passion for first ascents with his best friends fuels his desire to get to know the area in an intimate way. At the same time that this transformation occurs, the Bears Ears National Monument is created by the Obama administration and then ultimately dismantled by the Trump administration. While the final decision by the courts is awaited, Mehall contemplates the importance of public lands for the soul of America.

Twenty-fifth Anniversary edition of a cult classic that profoundly transformed the world of rock climbing More than 50 percent new material, including perspectives on new routes and stories about well-known climbers Includes a 16-page color insert of never before seen routes and digitally remastered images from Greg Epperson, the celebrated climbing photographer featured in the first edition of Climb!This history of Colorado’s world-renowned, destination peaks will appeal to climbing enthusiasts everywhereIn 1977, well-respected climbing gurus Bob Godfrey and Dudley Chelton self-published Climb! Rock Climbing in Colorado. The first climbing book of its kind, Climb! detailed Colorado climbing history and suggested a new set of challenges for those fascinated by life on the edge. In addition, Greg Epperson’s photography introduced wide-angle drama and on-rappel images. Twenty-five years later, Chelton has teamed up with former Climbing magazine photo editor and climber Jeff Achey to recapture the original book’s influence and impact for a new generation of climbers. With more than 50 percent new text and a stunning 16-page color insert, Climb! takes readers through the evolution of climbing, from the first technical climbs, to the improvised free climbs of the 60s and 70s, to the sport climbing of the 80s, to the extreme climbing of the 90s. Conflicts and competitions among climbers, of which there are many, are documented here, as is the entry and accomplishments of women climbers. This book will capture fans of the original book and build a new audience, as well.

“ The definitive guide to mountains and climbing . . . ” —Conrad Anker For nearly 60 years it ’ s been revered as the “ bible ” of mountaineering – and now it ’ s even better than ever • The best-selling instructional text for new and intermediate climbers for more than half a century • New edition—fully updated techniques and all-new illustrations • Researched and written by a team of expert climbers Mountaineering: The Freedom of the Hills is the text beloved by generations of new climbers—the standard for climbing education around the world where it has been translated into 12 languages. For the all-new 9th Edition, committees composed of active climbers and climbing educators reviewed every chapter of instruction, and discussed updates with staff from the American Alpine Club (AAC), the American Institute for Avalanche Research and Education (AIARE), and the Access Fund. They also worked with professional members of the American Mountain Guides Association (AMGA), to review their work and ensure that the updated textbook includes the most current best practices for both alpine and rock climbing instruction. From gear selection to belay and repel techniques, from glacier travel to rope work, to safety, safety, and more safety—there is no more comprehensive and thoroughly vetted training manual for climbing than the standard set by Mountaineering: The Freedom of the Hills, 9th Edition. Significant updates to this edition include: • New alignment with AAC ’ s nationwide universal belay standard • Expanded and more detailed avalanche safety info, including how to better understand avalanches, evaluate hazards, travel safely in avy terrain, and locate and rescue a fellow climber in an avalanche • Newly revamped chapters on clothing and camping • All-new illustrations reflecting the latest gear and techniques—created by artist John McMullen, former art director of Climbing magazine • Review of and contributions to multiple sections by AMGA-certified guides • Fresh approach to the Ten Essentials—now making the iconic list easier to recall

Addresses unconscious repetition, a concept that is crucial to an understanding of Freudian and Lacanian psychoanalysis. In Psychoanalysis and Repetition, Juan-David Nasio, one of the leading contemporary Lacanian psychoanalysts in France, argues that unconscious repetition represents the core of psychoanalysis as well as no less than the fundamental constitution of the human being. Through repetition, the unconscious memory of the past erupts, without our knowledge, in our choices and actions, to such an extent that, for Nasio, we are our past in action. While Nasio explains that repetition is both healthy and pathological, the book is primarily concerned with the repetition of unconscious trauma, as trauma engenders trauma, through unconscious fantasies that are expressed, in turn, as symptoms. Through vivid clinical examples, as well as trenchant theoretical explications involving repetition, Nasio illuminates a range of fundamental concepts in Freud and Lacan and offers a rethinking of the psychoanalytic tradition in the context of this theme. Nasio ’ s approach is richly interdisciplinary, incorporating passages from philosophers Descartes and Spinoza, for example, and from such literary figures as Pindar, Proust, and Verlaine. The interdisciplinary fabric of Nasio ’ s discourse conveys the crucial importance of the concept of repetition in psychoanalysis and in the human condition. “ A clear, accessible, and highly readable contribution to psychoanalytic literature in the Freudian and Lacanian traditions. Nasio ’ s writing, and its translation by Pettigrew, is extremely lucid, especially by the standards of much Lacanian literature. This is a very worthwhile book in its own right. ” — Adrian Johnston, author of Irrepressible Truth: On Lacan ’ s ’ The Freudian Thing ’

A Guide to Continuous Improvement

The Rise (and Falls) of a Rock-Climbing Champion

Psychoanalysis and Repetition

Strength Training for Climbing

A Chronicle of Climbing and Controversy on Cerro Torre

Spirit of the Rock

Simple Ways to Become a Better Climber

The Practical Guide to Movement Mastery

Johnny Dawes is a legend in British climbing. In 1986, he was responsible for the most inspired new route in a generation, when he climbed Indian Face on Clogwyn d'ur Arddu in Snowdonia. This is an autobiography of his life.

Winner of the 1997 Boardman Tasker Prize for Mountain Literature, Paul Pritchard’s Deep Play is a unique, stylish and timeless commentary reflecting the pressures and rewards of climbing some of the world’s hardest and most challenging rock climbs. Pritchard started climbing in Lancashire before moving to join the vibrant Llanberis scene of the mid 1980s, at a time when the adventurous development of the Dinorwig slate quarries was in full swing. Many of the new slate routes were notable for their fierce technical difficulty and sparse protection, and Pritchard took a full part in this arcane sub-culture of climbing and at the same time deployed his skills on the Anglesey sea cliffs to produce a clutch of equally demanding wall climbs. Born with an adventurous soul, it was not long before Pritchard and his friends were planning exotic trips. In 1987, paired with Johnny Dawes, Pritchard made an epoch-making visit to Scotland’s Sron Ulladale to free its famous aid route, The Scoop. Pritchard and Dawes, with no previous high altitude experience, then attempted the Catalan Pillar of Bhagirathi III in the Garwhal Himalaya in India, a precocious first expedition prematurely curtailed when Pritchard was hit by stonefall at the foot of the face. In 1992, Pritchard and Noel Craine teamed up with the alpinists Sean Smith and Simon Yates to climb a big wall route on the East Face of the Central Tower of Paine, Patagonia. Pritchard followed this with an equally fine first ascent of the West Face of Mt Asgard on Baffin Island. Other trips - to Yosemite, Pakistan and Nepal as well as returns to Patagonia - resulted in a clutch of notable repeats, first ascents and some failures. The failure list also included two life threatening falls (one on Gogarth, the other on Creag Meaghaidh), which prompted the author into thought-provoking personal re-assessments, in advance of his later near-terminal accident on The Totem Pole in Tasmania. A penetrating view of the adventures and preoccupations of a contemporary player, Deep Play stands alone as a unique first-hand account of what many consider to be the last great era in British climbing.

CLICK HERE to download the first chapter from Freedom Climbers (Provide us with a little information and we'll send your download directly to your inbox) "One of the most important mountaineering books to be written for many years." —Boardman-Tasker Prize See this book trailer for Freedom Climbers made by RMB Books, its publisher in Canada, where the cover is slightly different from the Mountaineers Books U.S. edition * Behind the Iron Curtain, Cold War mountaineers found freedom on the world’s highest peaks—and paid an awful price to achieve it * Winner of the Boardman-Tasker Prize, Banff Grand Prize, and American Alpine Club Literary Award Freedom Climbers tells the story of Poland’s truly remarkable mountaineers who dominated Himalayan climbing during the period between the end of World War II and the start of the new millennium. The emphasis here is on their “golden age” in the 1980s and 1990s when, despite the economic and social baggage of their struggling country, Polish climbers were the first to tackle the world’s highest mountains during winter, including the first winter ascents on seven of the world’s fourteen 8000-meter peaks: Everest, Manaslu, Dhaulagiri, Cho Oyu, Kanchenjunga, Annapurna, and Lhotse. Such successes, however, came at a serious cost: 80 percent of Poland’s finest high-altitude climbers died on the high mountains during the same period they were pursuing these first ascents. Award-winning writer Bernadette McDonald addresses the social, political, and cultural context of this golden age, and the hardships of life under Soviet rule. Polish climbers, she argues, were so tough because their lives at home were so tough—they lost family members to World War II and its aftermath and were so much more poverty-stricken than their Western counterparts that they made much of their own climbing gear. While Freedom Climbers tells the larger story of an era, McDonald shares charismatic personal narratives such as that of Wanda Rutkiewicz, expected to be the first woman to climb all 8000-meter peaks until she disappeared on Kanchenjunga in 1992; Jerzy Kukuczka, who died in a fall while attempting the south face of Lhotse; and numerous other renowned climbers including Voytek Kurtyka, Artur Hajzer, Andrej Zawaka, and Krzysztof Wielicki. This is a fascinating window into a different world, far-removed from modernity yet connected by the strange allure of the mountain landscape, and a story of inspiring passion against all odds. This title is part of our LEGENDS AND LORE series. Click here > to learn more.

*** A collection of vivid, intimate essays and prose poetry on the universal themes of life, love, friendship, personal empowerment, and more, told through a career in climbing * 40 percent of these pieces debut here for the first time * Davis has been profiled in publications including Outside, Men’s Journal, W Magazine, and Sports Illustrated. Throughout her life, Steph Davis has chosen to take risks, to trust her impulses, to make decisions based on what feels right inside -- and never look back. Studying to be a concert pianist, she quit music the day she was introduced to rock climbing. Later, she abandoned the respectability of university life and pursuit of a law degree to become a "dirtbag climber," living out of her grandmother’s hand-me-down Oldsmobile sedan with Fletcher, a heeler mix dog. Today, through courage and perseverance, Davis is a high-profile athlete whose sponsors have included Patagonia, Mammut, Clif Bar, Five Ten and Cascade Designs. In High Infatuation, Davis writes on the universal themes of life, love, friendship, personal empowerment, and more, told through a career in climbing. We wait with her in the tent through weeks of rain, wind, snow, and sleet, hoping for the weather to improve in the mountains of Patagonia, then race with her up a towering rock wall of Yosemite’s El Capitan in a single day. More than adventure stories, these pieces reveal Davis’ soul. They draw us into her struggles with safety, independence, ambition, and compassion. By following the journey of this remarkable woman, we learn what it means to live a truly adventurous life.**

Technical, physical and mental training for rock climbing

My Life in the Vertical World

Mountaineering: Freedom of the Hills

Climbing Free

Mastermind

Full of Myself

Freedom Climbers

The definitive practical guide to improving your rock climbing technique, and making your movement more effortless and efficient. Fully illustrated with over 35 skills exercises supported by online videos. Suitable for rock climbers from intermediate up to elite in sport climbing, bouldering and traditional climbing. With the experience and passion of a seasoned Yosemite climber, Ron Kauk uses concise vignettes to share his thoughts on the natural world and our collective responsibility to care for the planet upon which we all rely. Peppered throughout Kauk’s insightful observations are practical applications, lessons really, culled from twenty-five years spent dangling from sheer rock walls and granite overhangs around the world. These are lessons that relate not only to climbing but to life itself—always practice next to the ground, have an eye for the line, and learn how to read the cracks. Contemplating nature, climbing, rock, and spirit, this climbing legend offers an inspirational book filled with breathtaking photography and original writing. Ron Kauk is a world-renowned rock climber, and has been featured in magazines including Outside, Rock and Ice, and Climbing. He has been climbing since the 1970s, and works diligently to protect Yosemite from overdevelopment and abuse. He lives in Yosemite, California.