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Stephanie Jagger

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In the tradition of Wild and Eat, Pray, Love comes an epic new story about one woman's triumph of spirit

Steph Jagger had seen the ski-lift sign thousands of times Raise Restraining Device, it read but one day she took it personally as a rallying cry to shake off the life she had for the life she wanted. She had always been a force of nature, so why was she still holding herself back? Dissatisfied with the passive, limited roles she saw for women when she was growing up, Steph emulated the men in her life chasing success, climbing the corporate ladder, ticking the boxes, playing by the rules. She was accomplished. She was living The Dream. But it wasn't her dream. In a moment, the sign on the ski lift became her mantra, and she knew she had to change her life. So Jagger walked away from the success and security she had worked long and hard to obtain. She quit her job, took a second mortgage on her house, sold everything except her ski equipment and her laptop, and bought a plane ticket. For the next year, she followed winter across five continents on a mission to break the world record for most vertical feet skied in a year. What hiking was for Cheryl Strayed, skiing became for Steph: a crucible in which to crack open her life, melt it down to its elements and get to the very centre of herself. An emotional story of courage and self-discovery that will appeal to readers of Wild and Eat, Pray, Love, The Vertical Feat will inspire readers to remove their own restraining devices, whatever they may be."

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June Edwards:

Have you spare time for just a day? What do you do when you have far more or little spare time? Sure, you can choose the suitable activity to get spend your time. Any person spent their own spare time to take a stroll, shopping, or went to often the Mall. How about open or even read a book allowed Unbound? Maybe it is to get best activity for you. You realize beside you can spend your time with your favorite's book, you can wiser than before. Do you agree with their opinion or you have other opinion?

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