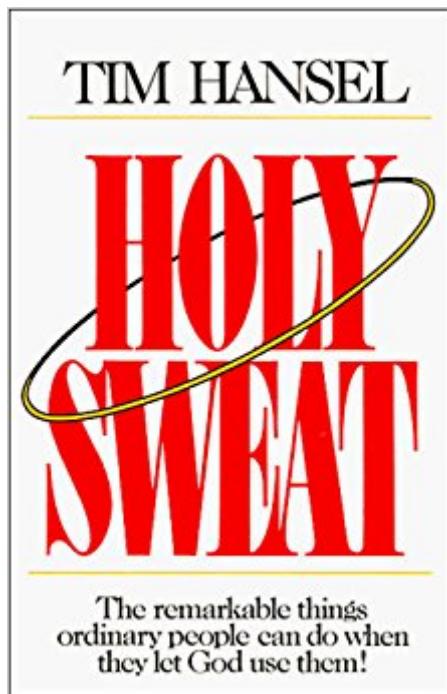


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# Holy Sweat!



## **Synopsis**

In *Holy Sweat* author Tim Hansel gives the ten keys to personal peak performance: start, vision, goals, courage, teamwork, excellence, the ability to fail, perseverance, joy, and giving it all away. Hansel puts flesh and bones on these keys in an exciting way. Peak performance, as represented here, is not an achievement but a process. Any person who is struggling to stretch any area of his or her life in a positive direction is a peak performer. And the ultimate purpose then of peak performance is to give it all away, for Christ's sake.

## **Book Information**

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## **Customer Reviews**

I came upon this book by accident -- it was on a bookshelf of a B&B where I was staying. I've since bought several copies and have given them to friends. This book isn't about bible study, it's about an active person who found that for those of us who are already living well -- climbing mountains and with successful lives -- can still find something in Christ to STILL motivate us. So much of what is written in other books is dry biblical study, or saccharine sweetness about Christ as if he were Santa Claus. This book, however, speaks to COMMON SENSE about how easy it is to embrace Jesus, and to look in the bible for guidance. After reading this book, I bought OTHER books to help me with my bible study -- but I never would have done it without this fresh perspective of easy common sense regarding God and Jesus and the whole gig of being a "Christian." I recommend it!!

This is one of the BEST books I have ever read. Period. The best. I read a lot and have been a born again believer follower of Jesus for more than 30 years and everyone who wants to know Jesus

more and really live like a disciple needs this book. You don't need to be an athlete either ;)

I loved the book. I found it to be a real blessing that was meant for me. God works in mysterious ways. Thanks Tim Hansel and the crew at Summit Expeditions. I am a graduate from APU, where there is library donated to honor Tim Hansel..

Great book, thanks to Tim.

I have read this book every 3 or 4 years for the last 15 years. I am due to read it again and have ordered copies for two special friends so we may discuss the book and our personal growth. As it has been several years I can only say it is with great honor that Mr. Hansel given away his gift of understanding in a way that I understood what servant leadership was. To lead by example is one thing, but to lead others by giving away the tools of leadership, is what Christ did. We each have an opportunity every day to give it away, to give the shirt off our back or the love or guidance needed by another. Some day's they only need validation... Thank you Tim Hansel, David

Awesome book, especially for high school/college age.

Great material. I captured lots of great notes. It even inspired me to take a motorcycle riding course. Truly inspirational.

Holy Sweat was used as the primary source for a class on The Adventure of Following Jesus. It was very successful.

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