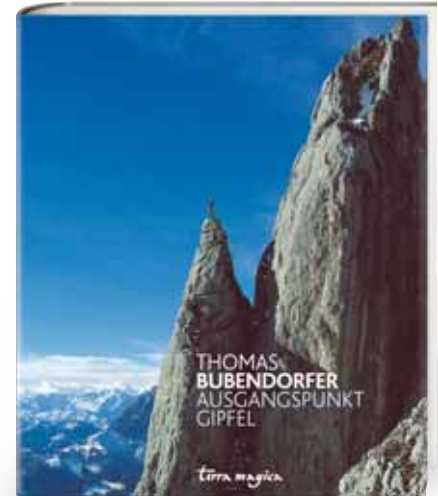


**He spent a thousand days** in the mountain ranges of the world, and discovered that there is no summit – the perfect metaphor for human aspirations of all kinds – that resembled another. As far as Thomas Bubendorfer is concerned there is no such thing as reaching the end, other than death, there are only starting points; for, like the mountaineer, we should never turn back halfway if we are to live life to the full. That is his philosophy, set out in this beautifully illustrated book with spectacular photographs of remarkable expeditions to Alaska, Patagonia and the Himalayas, as well as extreme ice-climbing in the Alps.

### →»Mountaineering Is My Life«

Thomas Bubendorfer, born in 1962, has been a professional mountaineer since the age of 19. He spends up to 20 hours a week preparing for his extreme expeditions and solo ascents without ropes. He has written five books, among them the very popular »Conquest of the Invisible« which has been continuously in print. He gives around 50 lectures a year in Europe and the USA for the executives of multinational companies on topics such as goal-setting, self-motivation, crisis management and coping with anxiety. Taken together with his various television appearances, he addresses up to 8.000 people each year. [www.bubendorfer.com](http://www.bubendorfer.com).



Thomas Bubendorfer

### STARTING AT THE SUMMIT

Approx. 144 pages, 24,8 x 28,5 cm

In colour throughout, with numerous photographs

Hard cover with dust jacket

September 2007

ISBN 978-3-7243-1005-1