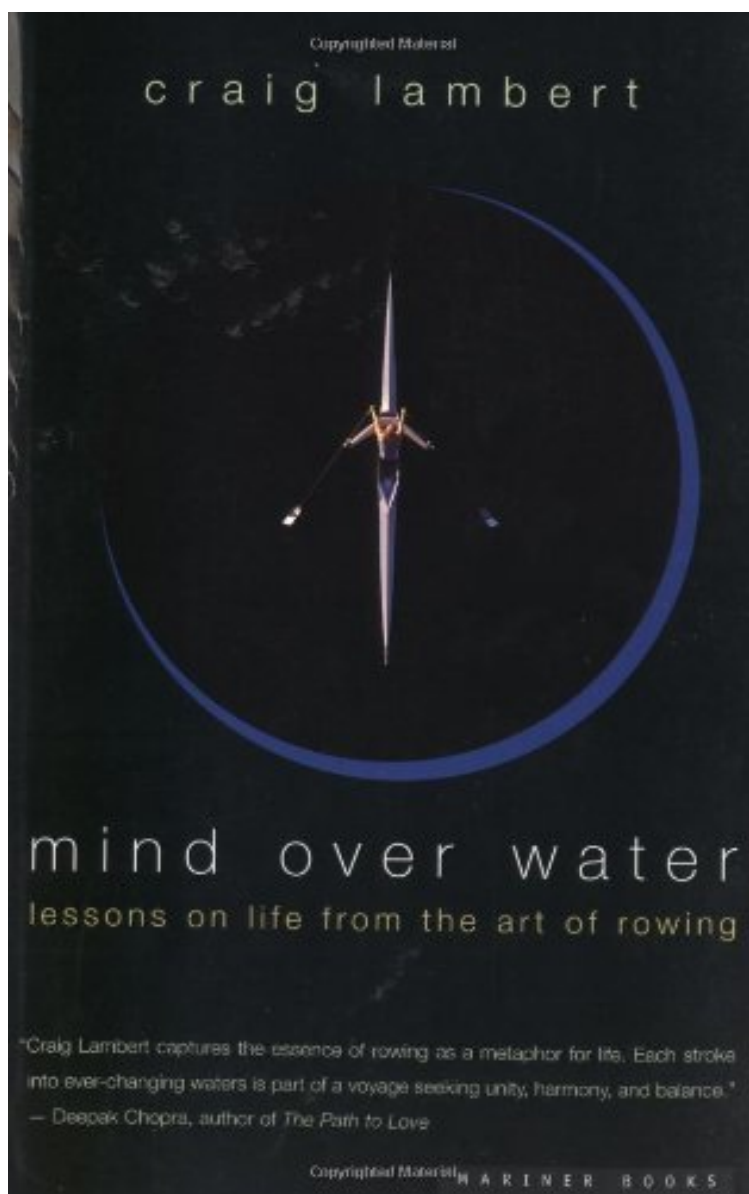


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Mind Over Water: Lessons on Life from the Art of Rowing



Par Craig Lambert
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God's thoughts. We shall attempt to pry them loose with an oar. The raw elements of the sport are our teachers: the wind and the water, the boat and its oars, our own bodies and minds."--from *Mind Over Water*

Prsentation de l'diteurIn this wise and thrilling book, Criag Lambert turns rowing--personal discipline, modern Olympic sport, grand collegiate tradition--into a metaphor for a vigorous and satisfying life.