

## Gobi Runner: Taking a Personal and Professional Challenge to the Desert

St Fan Danis, Stefan Danis

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In the midst of a devastating year for his and most businesses, Stéfan Danis searched for a challenge that would get him in physical and mental shape for what lay ahead, inspire others in similar situations, and raise funds for those in his industry who had fallen on even harder times.

With only a vague understanding of what he was getting himself into, he settled on the Gobi March, an unaided 250-kilometer foot race in the Gobi Desert of China.

Now, in this captivating story of mind over matter, he shares how he overcame the challenges he faced — from extensive training to injuries that nearly kept him from the race to running in blazing heat on stones, sand, through rivers, and even up mountains — and made it to the finish line, stronger and better equipped for what lay ahead.

&#8220Stéfan's desert adventures have taught us all about ... how to beat the bad news and win ... A must read.&#8221

--Jim Warrington, Executive Director, NABS

&#8220Within us all survives that child with the &#8216crazy' dreams and &#8216unreasonable' ambitions. May we all, like Stéfan in this book, allow that child to flourish.&#8221

- --Mehmet Danis, winner, Atacama Desert Crossing
- "... an excellent reminder that anything is possible when you choose to put your soul into it and refuse to fail.&#8221
- --Howard Breen, President, HBideation, author of A Page from a CEO's Diary

Stéfan Danis is the CEO of Mandrake and NEXCareer. He and his wife and two daughters live in Toronto.



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