



Vivir para sentirse vivo (Spanish Edition) (No Ficción)

Albert Bosch

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El autor narra su experiencia sobre como ha sido cruzar 1.200 Km. sin asistencia en el Polo Sur, el continente mas extremo, mas remoto, mas frio, mas ventoso y mas arido de la tierra. Todo un testimonio de superacion y de lucha por conseguir los objetivos marcados. El deporte extremo entendido como una forma de vida. El libro, a modo biografico, es tambien un recorrido sobre los antecedentes, y los valores, que le llevaron a acometer tal aventura. / The author recounts his experience how it has been about 1,200 km of unassisted cross in the South Pole, the most extreme continent: most remote, coldest, windiest and driest of the world. This is a testimony of overcoming and struggle to achieve traced goals. The extreme sport understood as a way of life. The book, as a biography, it is also a journey through history and values, which led him to undertake such adventure.

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