

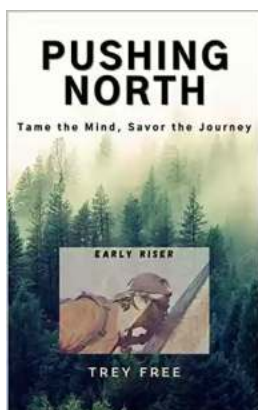
Pushing North: Tame The Mind, Savor The Journey



Embarking on an epic journey to push north is not merely about conquering physical boundaries; it is also a battle of the mind. In this article, we will explore the fascinating relationship between pushing north, taming the mind, and savoring the journey. Get ready to set foot on uncharted territories and discover a world where adventure meets self-discovery!

Pushing North: The Call of the Unknown

There is an inherent curiosity that resides within us, beckoning us to explore the unknown. Pushing north is an embodiment of that very essence – a call to conquer new horizons, to push boundaries, both physical and mental, and to delve into uncharted territories.



Pushing North: Tame the Mind, Savor the Journey

by Trey Free (Kindle Edition)

★★★★☆ 4.7 out of 5

Language : English

File size : 2761 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

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As the long tail clickbait suggests, pushing north represents an irresistible craving for adventure. It stirs up a desire to conquer towering mountains, glacial landscapes, and unforgiving terrains. However, what truly sets this journey apart is the transformation that occurs within the mind.

Taming the Mind: The Key to Success

Embarking on a journey of such magnitude requires a deep understanding of one's own mind. Pushing north pushes individuals to confront their fears,

insecurities, and self-imposed limitations. It is in this confrontation that the mind begins to reveal its true strength.

At the forefront of taming the mind is the mastery of resilience. The ability to persist, adapt, and overcome obstacles is crucial. With every step forward, the mind learns to navigate through uncertainties and build mental fortitude.

The serene alt attribute accompanying this section's corresponding image depicts a hiker scaling a mountain peak. It symbolizes the metaphorical ascent of the mind, conquering inner obstacles while simultaneously navigating treacherous terrains.

The Path of Self-Discovery: Savoring the Journey

Pushing north is not just about reaching a destination; it is about immersing oneself in the journey and embracing its transformative power. It offers a unique opportunity for self-discovery and personal growth.

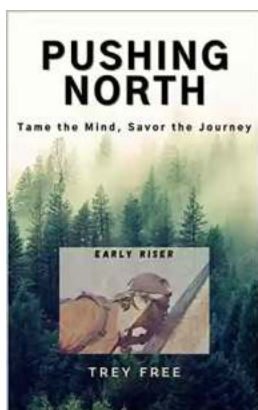
Each step taken amidst nature's raw beauty unravels a piece of our own being that we might have never encountered before. From the peaceful solitude experienced while camping under star-studded skies to the exhilarating rush of overcoming a physical limit, pushing north ignites a profound sense of awareness.

Through the lens of mindfulness, savoring the journey becomes essential. It encourages individuals to live in the present moment, appreciating the wonders that surround them. As the mind calms and focuses, the true essence of the journey unfolds.

Pushing North: Embrace the Extraordinary

As the captivating title suggests, pushing north invites individuals to embrace the extraordinary. In this grand adventure, one finds solace, resilience, and discovery. Whether it is confronting personal limitations or reveling in the vastness of nature's wonders, the journey promises an unparalleled expanse of growth.

So, gear up, challenge your limits, and embark on the journey of pushing north. Tame the mind, savor the journey, and unlock the extraordinary within!



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Main Theme

Our minds are conditioned to create chaos. They often convince us to quit long before we reach our goals. Unless we can gain awareness and interrupt these "chaos" scripts early, they will consume our thoughts and drive us towards decisions we will regret. This book will give you the ability to open your awareness, apply several tools to calm the chaos, and increase the momentum

towards your goals. Regardless if you are a long-distance hiker, SOF operator, extreme athlete, first responder, medical specialist, parent, student, or just a human being, this book will enable you to tame your mind so you can savor whatever journey you find yourself on.

Background

People love the thought of breaking the shackles of their Matrix life and going for a long-distance hike. I do too. There is something primal about strapping on a pack filled with only the necessities and going on a long walk. I think it's coded somewhere deep inside our DNA. Hiking seems to be a perfect means to create a union between the natural world and the human soul. We were meant to be in nature, not confined to the safety and comfort of our Matrix lives. If we can become still enough, we can hear the whispers of the mountains calling us home.

I became addicted to thru-hiking because it uncovered parts of me I didn't know existed. It took me to deeper levels of awareness and fulfillment that seemed inaccessible before the experience. However, like all good things in life, this growth was only accessible through suffering and sacrifice. To absorb the true lessons in life, we must confront the main impediment standing in our way—our chaotic minds.

Stats show that roughly three out of every four thru-hikers quit their journeys short of their intended goal, and I argue it is because they couldn't handle their chaotic minds in this new environment. This is a statistic I want to help change.

Our minds tether us to the parts of life that no longer serve us. It limits our growth and our ability to find contentment in our lives. When we are alone with our minds for hours, days, weeks, and months on trail, we fall prey to its conditioned patterns nudging us to seek safety and comfort. At the first sign of pain and

struggle, our mind tries to convince us to return to our comfortable life inside the Matrix. It tries to keep us safe at the expense of our growth and fulfillment.

We MUST learn how to strengthen our minds so we can adapt more quickly and efficiently once our long-distance journey begins. That's where this book comes in. It's complementary to previous works on the mental side of long-distance hiking, but we will dive a little deeper underneath the hood to reveal why our mental struggle happens in the first place. If we can gain awareness of why these struggles happen, then we can learn to use some basic strategies to decrease the mental chaos and increase our forward momentum.

This book is not just for hikers. It's for anyone undertaking a long-duration journey where the mind will inject itself as the biggest obstacle in our path. It could be during a military deployment, during an ultramarathon, attending a sports training camp, enduring an assessment and selection course for special operations, entering a police or military training academy, grappling with a large project at work, enduring the challenges of parenthood, or any other journey where our minds become the largest hurdle on the way to our goals.

It's time to break free of the fetters that keep you clinging to safety and comfort. It's time to find the part of you that is waiting to be discovered. It's time to learn how to keep pushing north towards the things you dream about but haven't been able to reach. It's time to learn how to tame the mind so you can savor the journey.



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