



In Search of Center

By Stephen Brown

Lulu.com, United Kingdom, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The author is a lifelong endurance sports enthusiast, triathlon coach, husband, father, and leukemia survivor. What lies ahead are a few of his thoughts on life, on health, on sport and on some of the amazing people who have reached and touched him along the way. The title In Search of Center stems from an email from a friend begging the question How can I find my center if I don't visit my edges? Those words have stuck with Brown and they remind him that perhaps writing also gives him an opportunity to both visit the edges, and find his own center. Foreword written by Ethan Zohn.



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