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Transcript A Take No Prisoners Guide to Overcoming

February 14th, 2019 - A Take No Prisoners Guide to Overcoming Obstacles and Achieving Peak Performance in Life• and in this audio episode weâ€™re going to delve into Joeâ€™s book and how you can live a Spartan lifestyle while achieving peak performance in your own life

Joe De Sena Wikipedia

February 16th, 2019 - Joe De Sena Jump to navigation Jump to search Joe De Sena born January 2 1969 is the CEO and co founder of the Death Race and the Spartan Race He is also the author of Spartan Up A Take No Prisoners Guide to Overcoming Obstacles and Achieving Peak Performance in Life

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