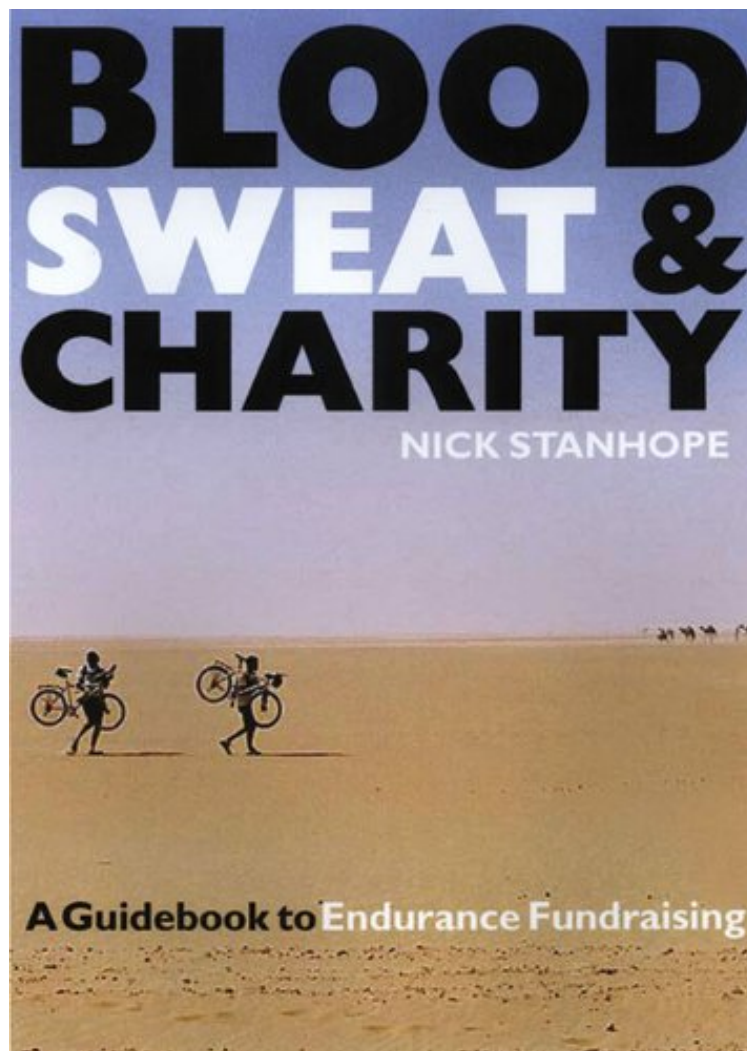


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Blood, Sweat Charity

Nick Stanhope

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Nick Stanhope : Blood, Sweat Charity before purchasing it in order to gauge whether or not it would be worth my time, and all praised Blood, Sweat Charity:

From the Race for Life to the extreme Marathon de Sables to a year long trans-global cycle, charity challenges are powerful vehicles for realizing personal goals and raising vast sums of money for philanthropic causes. Drawing upon the knowledge of hundreds of experts in each field, this insightful resource provides clear guidance to help would-be fundraisers overcome common stumbling blocks. Categories addressed include how to be a successful fundraiser; how

to train safely and efficiently; and how to plan and execute independent challenges. Case studies, profiles, and examples of previous challenges are also provided.