

CAMERON HANES discovered his true passion for bowhunting when he was twenty. Inspired by the physical challenges of stalking elk in the Oregon wilderness—traversing mountainous terrain, braving erratic weather, and evading his quarry’s even more dangerous predators—he began an ever-evolving journey of self-improvement. To become the best bowhunter of wild elk, to the caliber he believed he could be, Cam realized he would need more than archery skills. He would need the stamina and strength that could only come from an athletic training regimen of long-distance running and heavy-weight lifting. And every day for more than thirty years, Cam has put in the work, building miles and muscles, pushing through pain with a single-minded focus on the only goal worth having—besting himself time and again.

Part memoir, part motivational manifesto, *Endure* reveals how Cam—a self-professed average guy—put himself through the paces to live the life of an expert bowhunter, respected writer, and family man. With discipline, sacrifice, resilience, a hard work ethic, and a belief in his own capabilities, Cam not only accomplished his dreams but continues to surpass them. There is no secret to his success except relentless determination and loyal dedication to his own self-worth.

If Cam can do it, we all can. Everyone has what it takes to endure adversity so we can rise above average, be the best we can be, and enjoy living life to the fullest.

CAMERON HANES’s greatest love is bowhunting in the remote wildernesses of the West and Alaska. To get ready for bow season, he shoots his bow every single day of the year, trains in the weight room seven days a week, and runs 200-plus-mile ultramarathons in the mountains during the off-season in an effort to toughen up for the mental and physical tests that he’ll face in the backcountry. His goal, which he knows is a target he’ll never hit, is to become the “Ultimate Predator.” Pushing his body to failure and raising the bar to this level is what best defines Cameron Hanes. He has inspired and motivated millions of people through his writings, television appearances, and social media postings.

READ BY THE AUTHOR
FOREWORD WRITTEN AND READ BY JOE ROGAN
AFTERWORD WRITTEN AND READ BY DAVID GOGGINS



Running Time: Approx. 7.5 Hours • Unabridged

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ENDURE

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