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RICH ROLL, a graduate of Stanford University and Cornell Law School, is an accomplished vegan ultraendurance athlete, wellness advocate, and bestselling author of three books, including the #1 Amazon bestseller Finding Ultra.

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This was a book that I read this summer. I really enjoyed reading it so I decided to make a short review on what my final thoughts of the book were and why it was such a good read!

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Finding Ultra ist Rich Rolls unglaublicher Bericht, wie er mit 40 Jahren von einem unsportlichen, bergewichtigen Durchschnittsamerikaner zu einem der weltweit besten Ausdauerathleten wurde.

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