
INTRODUCTION

The bodies of more than 200 climbers remain strewn across the upper slopes of Mt. Everest. Fierce snowstorms, bone chilling winds, and powerful avalanches are all obstacles that can prevent you from reaching the top—and even kill you if you’re not careful. Without question we all have our own challenges in life. Although most are not life threatening, they can just as easily kill your dreams and chances of realizing true success, if we let them.

I was presented with a difficult challenge early in my life. During birth, the nerves connecting my right arm to my spine were torn, resulting in partial paralysis. I couldn’t tie my shoes, button a shirt, or shift gears in a car with my right hand. But I figured out a way to do these things, just as I figured out how to reach the top of Mt. Everest and all of the Seven Summits.

Whatever obstacles you face, whether they are physical in nature or perhaps psychological barriers; choosing how to overcome them is the primary factor determining how high you will go. In an attempt to assist you in reaching new heights of success in business and life, I would like to share with you 15 specific steps that helped me overcome significant adversities and accomplish a multitude of important personal and professional goals. These Steps are presented alongside the chronicles of my adventures climbing the Seven Summits. At the end of each chapter you will find a Step relevant to the story, with insights into how that Step will guide you to success. Collectively these Steps will create a clear and proven path to elevate you towards reaching your own summit. If you’re ready for an adventure, come join me on the journey, and enjoy the climb!