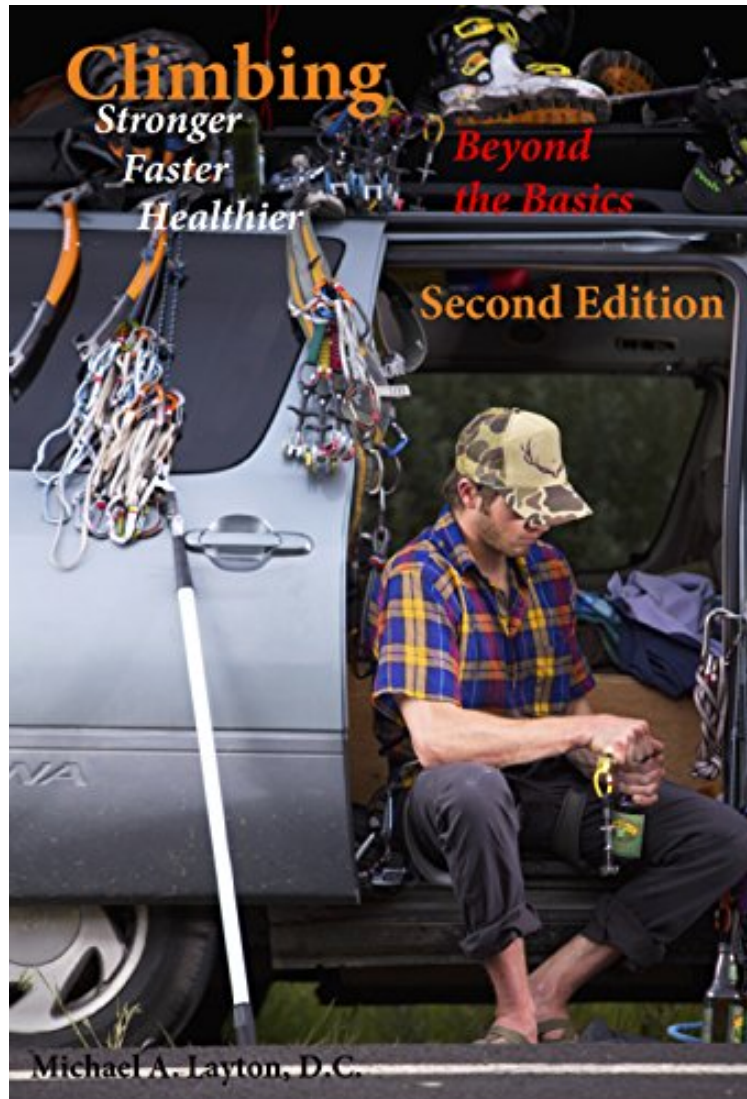


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Climbing Stronger, Faster, Healthier: Beyond the Basics (English Edition)

Von Michael Layton

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ber den Autor und weitere Mitwirkende Michael has been climbing alpine rock and ice routes for twenty years, including many first ascents in Alaska, British Columbia, Nevada, Oregon, Utah, and Washington. He has appeared in *Alpinist*, *Climbing*, *Rock Ice*, and *U.K.s Climber* magazines for his first ascents and climbing accomplishments. He was the recipient of the 2006 Fred Beckey Award for several bold first ascents, including what was called the most significant climb [in the Pacific Northwest] in the past 50 years, on the East Face of Mox Peak, just days after completing a Grade 6 first ascent on the other side of the range. When Michael isnt climbing, skiing, mountain biking, or running, he has worked at several rehabilitation clinics, at the University of Utah sequencing and analyzing DNA of infectious esoteric diseases, as an advisor for insurance companies and the Affordable Care Act, and as a mountain guide for Wasatch Mountain Adventures (formerly Exum Utah). Dr. Layton received his Doctor of Chiropractic from Western States Chiropractic College in Portland, OR and received his Bachelors in Exercise Science from Western Washington University in Bellingham, WA. Michael has also been invited to attend Stony Brook Universitys class of 2016 Masters of Science Physician Assistant Program in Long Island, NY. Michael is happily married to his amazing, intelligent, beautiful favorite climbing partner, Britne.