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(At the age of 30 my life was going nowhere. I was a pack-a-day smoker (sometime two packs per day), I would drink with my buddies day after day and did nothing of significance with my life. I started to constantly feel sorry for myself and slipped into a bit of a depression. Finally one day, just before New Years Eve 1999, I woke up. I realized I had not accomplished anything of note over the past 30 years and needed to change.

So I decided December 31, 1999 would be my last day smoking and the first day of the rest of my life.

Unsure of where to turn after that decision, I looked to my brother John for inspiration. My brother was a great athlete who had found his passion in life. I thought that maybe if I treated my body better and I did something different, things would change for me. And thatâ€™s how it started; I decided to model someone who I saw as successful.

A week after my new, â€˜smoke-freeâ€™ life began in 2000 I decided to go ice climbing with John.

I thought I was going to struggle and not be able to keep up so I was shocked as the day progressed and I was still moving forward. When I finally made it up and over the top of that 100ft ice sheet something inside of me snappedâ€¦ we totally underestimate ourselves as human beings. That sheet of ice was my version of Mount Everest and I had made it to the topâ€¦ that moment showed me that anything is possible if you just do it and stop making excuses why you canâ€™t.

From that point on I started getting more and more involved in extreme sports and my depression became a thing of the past. I all of a sudden had purpose and enthusiasm for life.

A few years later in 2003, I was reading a magazine article about ultra marathon runners. Up until that point I had never been a runner but was struck by how â€˜normalâ€™ the people in the magazine seemed and decided that I wanted to try it. Never having run even 5 km, I decided to enroll myself in an extreme marathon race in the Yukon. People thought I was crazy.

The â€œYukon Arctic Ultraâ€• is the worldâ€™s coldest and toughest ultra marathon race! The Yukon is lo in the very North of Canada and covered with ice and snow. Half way through the race I was ready to quit â€“ my feet were dragging through the snow and I was starting to give up. Read more: http://clubasteriaeducation.com/authors/nothing-is-impossible/

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David Andrews - About Author:
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