

As he did so masterfully in his New York Times bestseller *The Gatekeepers*, Jacques Steinberg creates a compelling portrait of people obsessed with reaching a life-defining goal. In this instance, the target is an Ironman triathlon—a 2.4-mile open-water swim followed by a 112-mile bike ride, then finally a 26-mile marathon run, all of which must be completed in no more than seventeen hours. Steinberg focuses not on the professional who live off the prize money and sponsorships, but on a handful of triathletes who regard the sport as a hobby. Vividly capturing the grueling preparation, the suspense of completing each event of the triathlon, and the spectacular feats of human endurance, Steinberg plumbs the physical and emotional toll as well as the psychological payoff of the participants of the Ford Ironman Arizona 2009. His *You Are an Ironman* is both a riveting sports narrative and a fascinating, behind-the-scenes study of what makes these athletes keep going.

*The Price of Deception*, *Intimacy with God: Real Life Stories from What Canst Thou Say*, *Home gymnastics for the well and the sick; adapted to all ages and both sexes, with directions how to preserve and increase health, also how to over ... ill health, by simple movements of the body*, *Essay on Our Lords discourse at Capernaum*, *Best Practices: Building Your Business with Customer-Focused Solutions*, *By the Rivers of Water: A Nineteenth-Century Atlantic Odyssey*,

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