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Finding Ultra is an inspirational and moving account of a man not only facing his addictions, middle age and personal fears, but conquering them as well. Mr. Roll has become a role model (pun intended, ;o) for me.

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Rich Roll is an ultra-athlete, podcaster and the best-selling author of Finding Ultra. Today he joins us to talk about his book, how he overcame addiction, created lasting, healthy habits and changed the mental story he was telling himself. We cover all of those topics, and more on episode 366 of The Art of Charm. More About This Show:

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