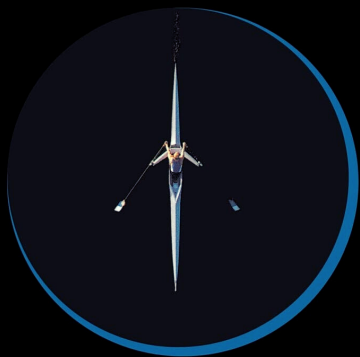


craig lambert



mind over water
lessons on life from the art of rowing

"Craig Lambert captures the essence of rowing as a metaphor for life. Each stroke into ever-changing waters is part of a voyage seeking unity, harmony, and balance."

— Deepak Chopra, author of *The Path to Love*

MARINER BOOKS

day 9 

Craig Lambert takes us on a journey into training for a race that illustrates the broader beauty and inspiration that rowing can ignite. If you are looking for an insight on the beauty of rowing beyond 2,000 metres down a straight course, **this book** is for you!