



Being Extreme: Thrills and Dangers in the World of High-Risk Sports

Bill Gutman

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As fast-paced as a freefall from a roaring airplane, as thrilling as a towering jump off a ski slope, *Being Extreme* is a fascinating examination of the adrenaline rush of extreme sports. Here is a world where living life on the edge is the only option, where you are only as good as your last jump . . . and where one false move can take you out of the game permanently.

From mountain climbing and freestyle motocross to skydiving and snowboarding and beyond, in the past decade, the world of extreme sports has exploded onto the scene, with daredevils attempting acts of athleticism that leave spectators awed . . . and fearful. *Being Extreme* explores the motivations and societal impulses behind these high-risk lifestyles through interviews with professional athletes and recreational enthusiasts, as well as with psychiatrists who seek to understand the motivation behind these “Big T” personalities. Authors Gutman and Frederick also explore what heart-stopping sports are around the next curve, because in a world where the “rush” is everything, everyone is always upping their game.

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