

FOCUS: MENTAL HEALTH The Philosophy of Alpinism

JORDI TOSAS

November 09, 2021
11:00 to 12:00
ICFO Auditorium

Uncertainty, fear, loneliness, team, peace, stress... alpinism is the world one step up from the world, where basic logic does not work. That level where we cannot fail because our failure would represent our end. Managing every second of our life in the right way makes us an essential part of our universe, transforming us in the evolution time line towards success.

The difficult part isn't making dreams come true, but daring to dream. Success and failure are simply parts of the same creative process.

http://www.jtosas.com/index_eng.html

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Hosted by: HRE

