

Mud, Sweat, And Tears: The Autobiography By Bear Grylls

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About the Race. Mudd, Sweat and Tears is a Canadian owned and operated national obstacle course race series. Our courses combine the best organic and natural features

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Bear Grylls is a veritable superhero. The former UK Special Forces paratrooper has braved the world's harshest environments. Hampton Sides, Outside Magazine

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Bear Grylls has wowed us with his remarkable outdoor skills, now he reveals his life story in his book Mud, Sweat, and Tears: The Autobiography.