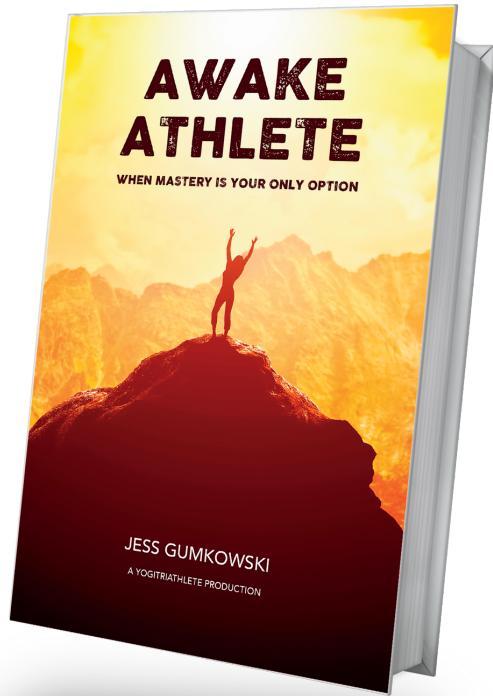


AWAKE ATHLETE: WHEN MASTERY IS YOUR ONLY OPTION



ABOUT THE BOOK

Through story, practical technique, and the great wisdom of the sages, Awake Athlete presents a recipe for mental health that yields a mindset unlike anything we have seen before in sport.

This book is a mind-training guide that holds the keys to mental mastery and deliberate living. It details a way of training and competing that effortlessly merges activity and awareness for sustained flow states - a journey to optimized performance in sport and life.

From those just curious about meditation to those close to enlightenment, Awake Athlete has the power to speak to many no matter their level of experience.

WHAT READERS ARE SAYING...

"What a treasure box of truths you have put down on paper in beautifully written words. I made a page full of notes just from the first chapter. Thank you for clearing your mind enough to receive the words that are needed for such a time as this."

- PL

"Your strength, vulnerability, and higher perspective blow my heart wide open. In countless other ways we don't even know of, Awake Athlete will open the hearts and minds of people to deeper ways of loving, and forgiveness in this world. Keep going. Keep writing." - ML

BOOK INFO

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awakeathlete.com

yogitriathlete.com

"It's breathtaking, really. I have had so many lessons just on this day, first frustration but then openness. Your book absolutely reinforced that for me too."

- JV

ABOUT THE AUTHOR



Jess Gumkowski is a well-respected mindset coach within the endurance and ultra-endurance sports community. She's worked with athletes on mind-body health since 2004, first as a sports and orthopedic massage therapist and now as a yoga instructor and mindset coach.

She is a long-time endurance athlete, yoga instructor, retreat leader, and podcast host who realized many years ago that triathlon and yoga brought her to the same place from very different directions. She lives in San Diego with her soulmate, BJ, and golden retriever, Clark.

Jess is the author of the *YogiTriathlete Cookbook: High Vibe Recipes for the Athlete Appetite* and *High Vibe Pie: Pizza Night Finally Done Right*. She's been featured in *Triathlete Magazine*, *SD Voyager*, *Men's Journal*, *Elephant Journal*, *Massage Magazine*, *TriZone*, blogs, and podcasts for her experience in holistic health and nutrition.

Being present opened space for me to see how I moved through my days - a phase I call *getting onto yourself*. It's when we see what we can no longer unsee. It is the point of no return. I heard my annoying comebacks and moments when I fought for my limitations with increasing volume. I started to feel the judgment, lack, and jealousy in my experiences and realized that the perceived power from which I believed I was responding was nothing but a one-way ticket to nowhere. I saw cycles repeat daily and decided to no longer stay the same. At first, the pause was brief, but even a glance left me wanting more. With more practice, I learned to hang in the pause at my leisure while allowing a thought or impulse to pass through without engaging with it. Each time I let it be there without fueling it, my ability to remain breath-aware grew stronger, and the effects translated into my everyday life.

BOOK EXCERPT

AWAKE ATHLETE STORY

It was the spring of 2020 when it all began to move through her at a fierce pace.

The world had shut down within days due to the pandemic, and in the halting of that momentum, Jess felt a strong directive to slow down and go deeper into her meditation and mindful practices. She stopped waking up to an alarm. Instead, she allowed her body to wake up naturally and returned to her yoga mat daily with a higher level of devotion. She sat on the cushion twice a day without fail, and it wasn't long before she tapped into a stream of intelligibility which she quickly harnessed as the entity Awake Athlete.

She began writing, and the stream kept feeding her. She knew within a month that she had to write the book, but she also knew the information needed to be released as soon as possible. After being the host of the YogiTriathlete podcast for years, it felt natural and exciting for her to get this knowledge out into the world through the medium of podcasting. So she climbed into a small closet in the loft she shares with her husband, BJ, and dog, Clark, and hit record.

The Awake Athlete podcast is a short-form exploration of life perspectives from a 10,000-foot view. An all-encompassing offering of time-tested knowledge, techniques, and practices that allow for more ease along the path of athletic performance while creating a beneficial effect on the entirety of our life experience.

Season one of the podcast dropped to the world in August 2020, season two in April 2021, and season three in May 2022; the series has 10,000 downloads collectively. Season four launches in fall 2023.

With titles like *Are You Trapped In Trying?*, *Injury: What Can I Do?*, and *Ego Is Not The Enemy*, Jess grabs the attention of athletes everywhere and assists them with the shifts they are ready to experience.

AWAKE ATHLETE PODCAST