CONTENTS

roicwolu	•
Inspiration	12
Motivation	26
Starting Bouldering	38
The History of Bouldering	50
Portraits of Boulderers	70
Projects and the Art of Failure	124
An Overview of Bouldering Regions Around the World	150
Why Boulders Deserve Our Respect	186
Bouldering with Children	202
Competitions	218
The Authors	220
Acknowledgements	228