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Make the Same Mistakes. has picked up a Dave MacLeod, Rare Breed Productions, 2010. Available at Amazon.com. There are a lot of climbing books out there these days that offer to help climbers improve and raise their abilities. In recent years, the sophistication of these has risen considerably. The gold standard remains, in my mind, Performance Rock Climbing by Dale Goddard and Udo Neumann but a number of other important volumes have appeared including those by Eric Hörst and the ...

9 Out of 10 Climbers Make the Same Mistakes: Navigation ...

I really enjoy his blog and I was curious if anyone

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2013, the book seemed verbose and not too helpful. It just didn't click then. I just read it again after 5 more years of climbing. In those 5 years, my improvements from

“just climbing” plateaued. I'd flirted half-heartedly with the various training ...

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They are stuck on the same things. Some of the things that hold climbers back from improving their climbing standard are the same as they were 20 years ago:

motivation, managing time, and not being able to analyse and correct their own basic technical or tactical errors.

But they are also stuck for a new set of reasons.

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Dave MacLeod's book, 9 Out of 10 Climbers Make the Same Mistakes, was a thoroughly transformative book for my personal climbing and effectiveness as a climbing instructor and trainer. You can get the book direct from Dave's website [here](#).

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