

*Mail Magazine*

# CRAZY WINDOW

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# Crazy Window

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# Mountains, bikes and ocean - Life of Manu

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## Editor's Desk

Recently I attended a seminar where the host discussed about jealousy and it's benefits. I was all ears as that was a rare topic to discuss and still more rare emotion that we ever wish to admit.

Brilliant take away from the session was to understand that jealousy sparks when you see your most attractive version in someone else. You want to be successful and instead find your neighbor or friend in those shoes, your jealousy sparks and so on. Now that you know where you want to be and what you want to achieve in life, give your best everyday to become the most attractive version of yourself.

Even when you are jealous of someone, try to appreciate and praise them. This act of kindness will make you feel more confident and happy :)

Have a great week ahead!

Love,  
Ruby Shiv

# HIGH FIVE

## ENTERS MANUEL BUSTELO

**Manuel Bustelo is passionate about bikes, mountains and underwater world. In his own words, he explores the world under the sea for one purpose: to discover an environment so full of life, yet so fragile and endangered.**

**1. You have a fantastic website that looks like an adventure in itself, when did you think of starting it?**

In 2004 I climbed and downhill with a mountain bike Ojos del Salado volcano. With an altitude of 6881 m, it is the highest active volcano in the World. I successfully managed to ride downhill with a bike from 80 m below the summit. This feat was widely published by the adventure and mountain bike press across Europe. A year later my sponsors at the time accepted to finance a larger expedition in order to produce a film about climbing and riding downhill another two high volcanoes in the Atacama desert. It was then when I needed to have a website and be able to upload content online. The current version of my website is the third redesign it has undergone.

**2. Last time we discussed about adventure in our magazine, we had Leon Logothetis with us who is connecting the world on kindness, we would love to know your message to the world.**

As a kid my sisters and I suffered from asthma. Doctors advised to my parents was to spend more time in mountains' clean air with us. This is how I become a passionate skier already at the age of four. Since then, mountains were my playground. Mountain Biking and climbing were my hobbies when I wasn't skiing. Sports have always kept me in close connection to nature and brought me unexpected opportunities. I have had the chance to travel to all five continents and over 50 countries in the World exploiting the sports I love : scuba diving, mountain biking and climbing or skiing.

Witnessing breathtaking sunsets at high altitudes or the beauty and life richness of corals reefs around the globe has deepened my appreciation for the world we live in. It has also push me to study and understand better how we need to live in a sustainable way with our planet, in order to avoid the destruction of our natural resources.

**3. I am sure our reader's will be very curious to know, how you live a life that looks like a long vacation and still manage to pay the bills.**



I do not consider myself a world class adventurer like some of the great ones out there like Mike Horn. I'd like to become one, of course. I'm fortunate enough to work in industries I like, such as marketing and communications linked to the mountain and skiing business.

**4. How exciting and scary (at least it sounds scary to me) is riding down volcanoes and exploring the world under the sea?**

It's not more scary than driving a car on a city or highway. You gotta be focus in order not to make mistakes than can cost your life, same as when you drive a car. Pushing the limits in a conscious way opens unexpected doors in our lives. Better still, if those doors are a gateway to bond yourself with nature.

**5. Why did you decide to associate with the NGO -world bicycle relief?**

World Bicycle Relief was put up together by Frederick K.W. Day, who is the CEO of SRAM, a company I have worked with during the last ten years. The mission of World Bicycle Relief and the real positive impact they are achieving empowering people by using bicycles is such, that they deserve my greatest admiration.

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## HOW HE TACKLED TOUGH TIMES



Manu's parents encouraged him to practice a mountain sport in order to help him cure his asthma. Not only did it help him cure his troubles with asthma but also helped him find his true passion - Adventure.

Remember the famous english proverb - Just when the caterpillar thought the world was over, it became a butterfly ? Facing challenges will push you to learn the survival skills.

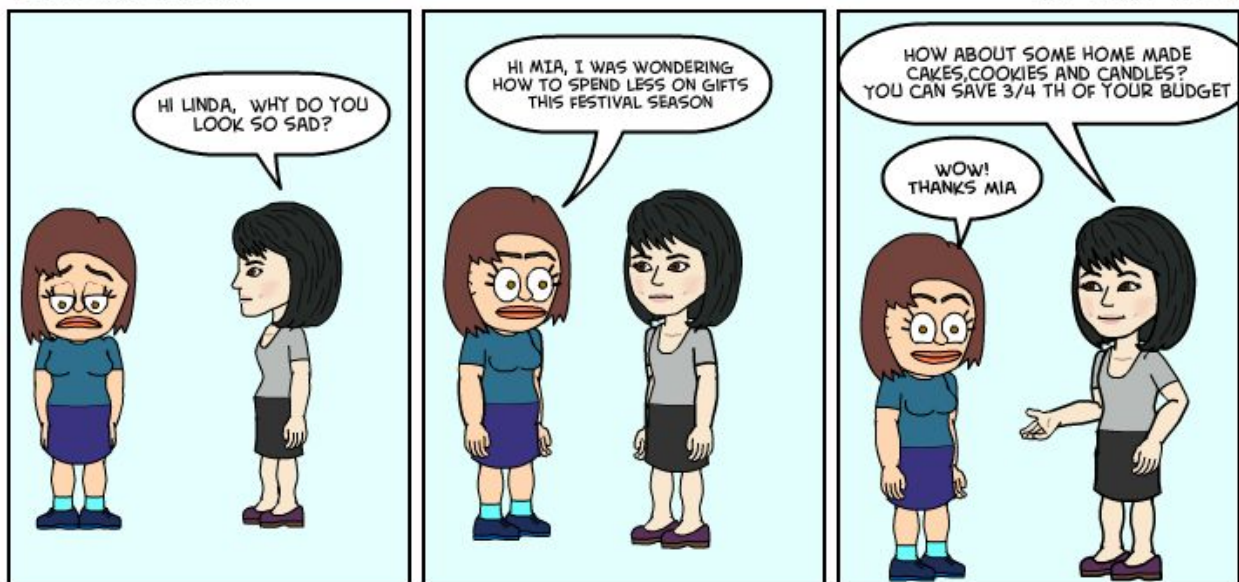
# KNOW THE STARTING POINT

He started skiing at the age of four and has since participated in a number of mountain bike endurance races. He is a certified PADI dive master and explores the world under the sea.

If you want to live an action packed and adventurous life like Manu, start taking baby steps today!

## SAVE ON GIFTS

BY RUBY SHIV



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