



Padgett Powell

“CHRISTMAS WITH PINKIE,” Page 78

“In Madrid I saw a bull gore this guy in the ass,” says Powell, after mentioning he’d rather be bullfighting than teaching writing at the University of Florida, which he has done for 26 years. “The bull picked him up and rode him around and dumped him. It’s so gratifying to see the bulls win one.” It’s this talent for finding beauty in odd moments that has made Powell the best American novelist you’ve probably never read. The Gainesville native and author of five books and two short-story collections has lived in Turkey, Uruguay, and Italy, and once spent 37 days off the grid in Kenya. “I was so sick I found Jesus,” says Powell, 58. “But then I got better and my fondness for Him waned.” This month Powell writes about Christmas.

Timothy Ferriss

“ENGINEERING PERFECT SLEEP,” Page 108

“Forget what’s popular, forget what’s common — what really works?” is what Ferriss, MJ’s newest columnist, kept asking himself as he spent 10-plus years and more than a quarter million dollars on what culminated in his newest book, *The 4-Hour Body*. “I did hundreds of experiments, ranging from the all-natural to injecting stem-cell growth factors, to determine the fastest paths to superhuman strength, ultra-endurance, rapid fat loss, better sex, and more,” says Ferriss, 33. On top of being a *New York Times* bestselling author (his first book, *The 4-Hour Workweek*, hit No. 1), he rock climbs, surfs, skis, and holds the record for the most consecutive tango spins in one minute.



Sebastian Copeland

“ALONE ACROSS GREENLAND,” Page 130

Copeland seems to do it all: He’s a photographer and writer (he shot and wrote this issue’s story about crossing Greenland); he’s an extreme athlete (Copeland set a new kite-skiing world record on the same trip); and he’s an environmentalist (the 1,500-mile trip was done to raise awareness about the country’s melting ice sheet). “Everything I do is fairly core to who I am,” says the Los Angeles-based adventurer, 46. “I combined my love for the outdoors and photography to focus on advocacy.” Copeland recently launched the Sedna Foundation, which “is on the front lines in climate change,” he says. The Greenland crossing was a warm-up for his next big adventure: kite-skiing 2,300 miles across Antarctica next winter. To learn more about his foundation and upcoming trip, visit sebastiancopeland.com.



AT MENSJOURNAL.COM

Men of Adventure



1. CHEF’S SPECIAL
Food Network cook and *Minute to Win It* host **GUY FIERI** dishes with us on camera, discussing the first steak he cooked, how he got his start in the food business, the weirdest food he’s ever eaten, and what kind of recon you should do on a potential dining spot (mensjournal.com/guyfieri).

2. NEXT WAVE
In a video interview, surfing legend and stand-up paddleboard pioneer **LAIRD HAMILTON** lets us in on how he uses fear to his advantage, his (unsettling) desire to surf during a hurricane, his nonretirement plans, and his next great quest — riding waves underwater (mensjournal.com/laird-hamilton-interview).

3. TETON TREK
Men’s Journal editor **BRAD WIENS** climbed the 13,770-foot Grand Teton and has the video to prove it. Along with providing stunning footage and photos, his Web posting recommends a few critical steps that can make the trip — daunting but hugely rewarding — that much better (mensjournal.com/grandteton).

POWELL: MAGGIE STEINREUR; FERRISS: COREY ARNO; D. BOOK; MICHAEL PIRROCCO; HAMILTON: JOEL GUY; WIENS: WESTON WALKER; COPELAND: COURTESY SEBASTIAN COPELAND