

Tri-Mom: Swimming, Biking, and Running Through Motherhood



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Reviews

Excellent e book and beneficial one. It is rally fascinating throgh reading through time period. You are going to like how the author publish this ebook.

(Prof. Triston Smitham V)

TRI-MOM: SWIMMING, BIKING, AND RUNNING THROUGH MOTHERHOOD

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Dog Ear Publishing. Paperback. Book Condition: New. Paperback. 232 pages. Dimensions: 8.5in. x 5.5in. x 0.7in. Can ambitious, driven triathletes-who are also wives and mothers-continue advancing and excelling in their sport without sacrificing their goals, humanity, or family and personal lives? Read on. . . The deeply personal stories in Tri-Mom had me laughing out loud and identifying with the struggles of these accomplished triathletes as they balance work, motherhood, and family with their desires to achieve. Anyone-male or female-who has ever juggled the personal, professional, and athletic aspects of their life will enjoy Tri-Mom. Conversational, motivational, and inspirational! Triathlete Sue Hecht-Dziuban, Owner, Multisport Madness Triathlon Club After a ten-year professional career, I chose to retire in order to start a family. I was excited at the prospect of sharing with my twins the joys of a body in motion, but scared to death of the extreme life changes motherhood would inevitably bring. I envisioned a life where I'd lost my killer racing instinct and competitive edge-a life of sleep deprivation, low energy, and very little time for myself. But, being a mother of twin boys rocks! Tri-Mom shares the honest, raw emotions of women just like us, who have struggled and triumphed through this amazing life transition. Read Tri-Mom and you'll know you are not alone. Barb Lindquist, 2004 Olympic Triathlete Brave and witty, Tri-Mom peels back all pretense to reveal the miraculous, exhilarating, and exhausting transformation from athlete to mother-and back again. These personal accounts of trimoms juggling their various roles teem with honest introspection. I was taken back to my own days as a tri-mom, when I was sleep-deprived, guilt-ridden, and nursing behind trees at races. Anyone seeking to balance the giving to oneself with the giving of oneself will find inspiration in this sisterhood of strength. Cheryl...

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