

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



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### Reviews

*Great e book and beneficial one. It is amongst the most awesome pdf i actually have read through. You wont feel monotony at at any time of your own time (that's what catalogs are for relating to if you request me).*  
*(Dorothy Daugherty)*

## 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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