



Slow Fat Triathlete: Live Your Athletic Dreams in the Body You Have Now

Jayne Williams

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The idea of participating in a triathlon may sound out of the realm of possibility for those without a typical jock-athlete's honed build, intense focus, and competitive mindset. But now *Slow Fat Triathlete* opens the door to those who may not come quite so equipped. After years of obesity, poor health, and self-doubt, Jayne Williams took part in her first triathlon in 2002 to prove something to herself and became hooked on the rush of the race. Today she is a self-proclaimed "slow fat triathlete," unafraid to overcome humiliation, laugh at her foibles, have fun, and accomplish impressive goals. *Slow Fat Triathlete* is a book for those who may be overweight, out of shape, undisciplined, or otherwise unprepared to enter a triathlon but are curious to try. Through personal stories, practical ideas and suggestions, and uproarious anecdotes, this book inspires, encourages, and proves that with a little training, almost everybody can have a great time and reap huge rewards from pursuing their tri dreams—and that everyone can become a participant and an athlete.

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Slow Fat Triathlete: Live Your Athletic Dreams in the Body You Have Now can be one of your beginner books that are good idea. We all recommend that straight away because this book has good vocabulary that may increase your knowledge in vocabulary, easy to understand, bit entertaining but nonetheless delivering the information. The author giving his/her effort to put every word into satisfaction arrangement in writing Slow Fat Triathlete: Live Your Athletic Dreams in the Body You Have Now but doesn't forget the main stage, giving the reader the hottest in addition to based confirm resource details that maybe you can be among it. This great information can certainly drawn you into brand-new stage of crucial pondering.

Ruth Goodrich:

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