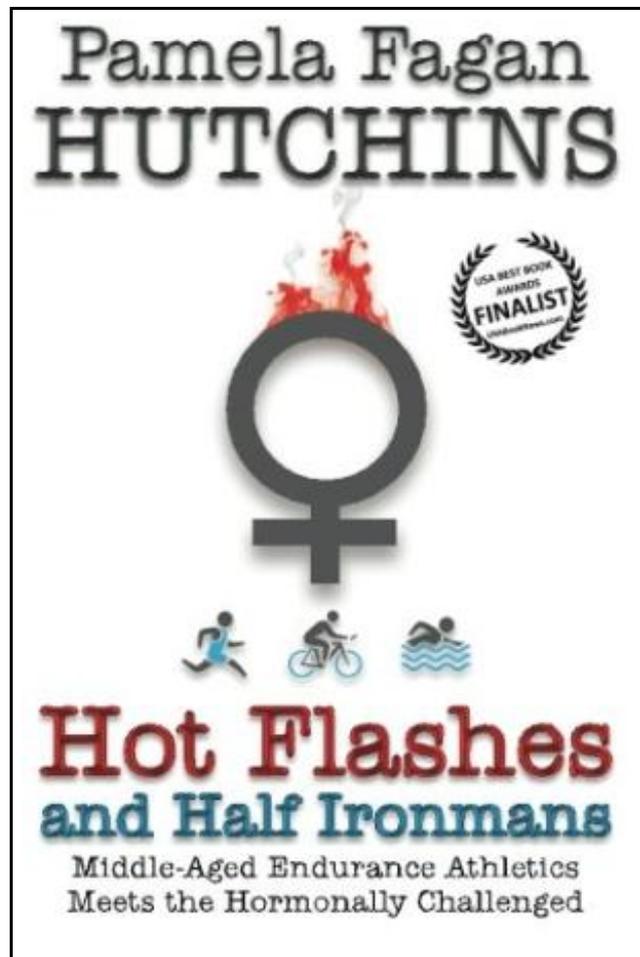


Hot Flashes And Half Ironmans: Middle-aged Endurance Athletics Meets The Hormonally Challenged



Filesize: 3.08 MB

Reviews

It is great and fantastic. Better than never, though i am quite late in start reading this one. Its been written in an extremely simple way and is particularly only right after i finished reading this ebook where actually changed me, affect the way i really believe.

(Orin Blick)

HOT FLASHES AND HALF IRONMANS: MIDDLE-AGED ENDURANCE ATHLETICS MEETS THE HORMONALLY CHALLENGED



Skipjack Publishing, 2012. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Women's Health Winner in USA Best Book Awards! Middle-aged Endurance Athletics Meets The Hormonally Challenged Women get older, dammit, and sometimes it sucks, especially for women who pride themselves on athleticism and an adventurous spirit. Hot flashes. Weight gain. Sleepless nights. Yes, it can be hard, but middle age doesn't have to be a flashing red stop light. It's perfectly acceptable for women of a certain age, a certain level of hormonal imbalance, and a certain amount of cellulite to don spandex and even enter the rarefied sport of endurance triathlon. In fact, there's a huge advantage to aging: much of the potential competition drops out in favor of the couch and a remote control. And the endurance high? The elation of dietary purity and discovering you can have arms like Madonna? The Zen of goal attainment? Better than a good Shiraz buzz. Once you get past the ugly mood swings, chafing on your girly parts, and a "kill your own mother" craving for sleep and a hot Cinnabon, that is. Pamela Fagan Hutchins has been there and done that, with lessons learned and sense of humor (usually) intact. She completed her first triathlon at 39 and her first Half Ironman at 40. She has her eye on an M-dot tattoo in 2014. *** Can we get real here? "Honest and helpful." "Candidly funny." "Inspiring." "Great read." "Encouraging and real." *** See why Hutchins is called an "up and coming powerhouse writer" and "the Erma Bombeck of her generation." Pamela Fagan Hutchins is an employment attorney and workplace investigator by day who writes award-winning and best-selling romantic mystery/suspense (Saving Grace, Leaving Annalise) and hilarious nonfiction (How to Screw Up Your Kids, What Kind...

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