



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

By Debra Hodgett

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...



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Reviews

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Fox at School: Level 3

Penguin Young Readers Group, United States, 1993. Paperback. Book Condition: New. James Marshall (illustrator). Reissue. 224 x 147 mm. Language: English . Brand New Book. Using their cache of already published easy-to-read books, Puffin launched their Easy-to-Read program. Favorite stories by such...