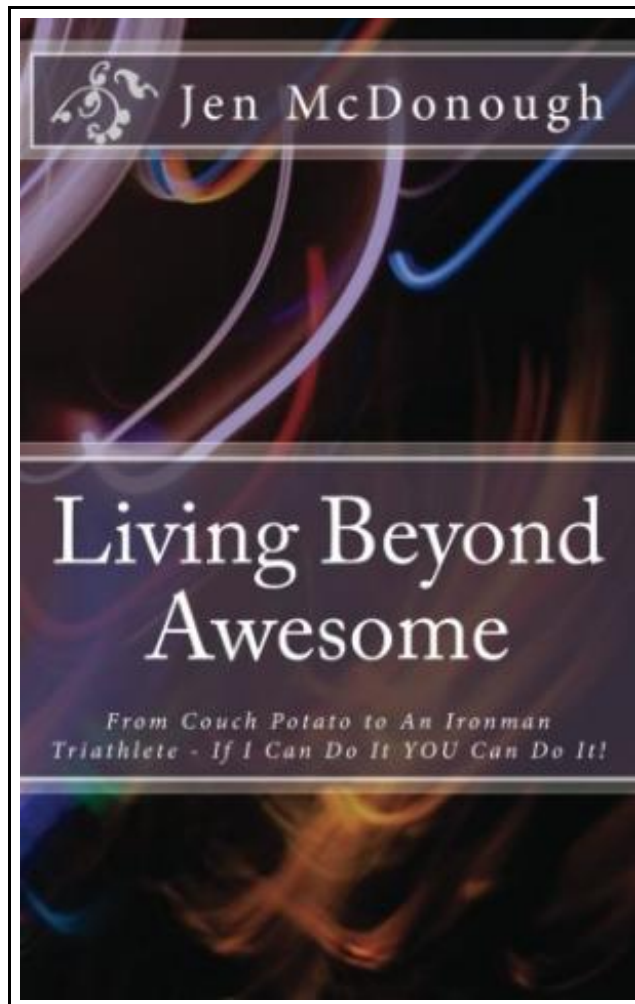


Living Beyond Awesome: The Inspiring Story of One Ordinary Mom s Quest to Use Her God-Given Abilities to Push Her Body, Mind, and Spirit Beyond the Limit



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Reviews

Undoubtedly, this is the greatest job by any author. It is actually filled with wisdom and knowledge I am quickly could get a pleasure of reading a written book.
(Kade Ankunding)

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3D Publishing, United States, 2011. Paperback. Book Condition: New. 202 x 124 mm. Language: English . Brand New Book ***** Print on Demand *****.From Couch Potato to An Ironman Triathlete - If I Can Do It YOU Can Do It! Come learn how in Jen McDonough s (The Iron Jen) hilarious story of becoming an Ironman. Read how she swam with the sharks and lived to write this heartwarming book that will make you laugh. Jen McDonough is an ordinary person living an extraordinary life. Her journey to becoming The Iron Jen is an incredible story that inspires audiences to take action to live extraordinary as well. Join Jen on her journey to becoming an Ironman Triathlete after not being able to run two blocks not long ago. Here is what Living Beyond Awesome is about: I wish I could do that, but. . . What do you wish you could do? Jen McDonough wasn t a swimmer, pro cyclist, runner, or even an athlete . . . but she was willing to see how far her abilities could take her. Unable to run two blocks, she decided to take on one of the most daunting physical sports around . . . Ironman Triathlon. This formidable race tests the limits of one s mental and physical endurance with a 2.4 mile swim, 112 mile bike ride, and 26.2 mile run all within a grueling 17 hour time limit. The question: With three young kids, a spouse, and a full-time career, could she overcome her lack of natural athletic abilities and fears? Could she beat the challenges along the way and complete her journey? In this heartwarming story of struggle and success, Jen explains why she, an ordinary, everyday mom and wife would attempt a seemingly out of reach goal like...

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