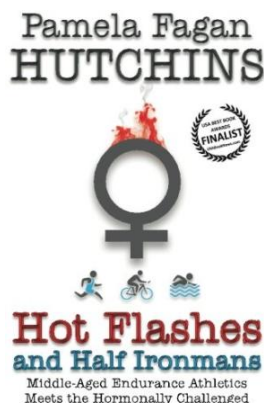


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## HOT FLASHES AND HALF IRONMANS: MIDDLE-AGED ENDURANCE ATHLETICS MEETS THE HORMONALLY CHALLENGED



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...

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- Authored by Hutchins, Pamela Fagan
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